

SPLINT CARE

Splint care instructions

1. Your splint is made from a low temperature thermoplastic that softens and changes shape when heated. **DO NOT** place your splint near any source of heat such as:
 - Hot water
 - Sunny windows
 - A car in hot weather
 - Radiators
 - Heaters
 - Wood fires
 - Ovens
 - Dishwashers, or
 - Dryers
2. You may wash your splint as needed. It can be washed with:
 - WARM (not hot) water and soap or detergent
 - Rubbing alcohol
 - Rubbing a paste made of baking soda and water
 - The straps can be hand washed and air dried (Do not place the straps in the dryer)
 - **DO NOT** attempt to adjust your splint yourself!

Precautions

Please contact PHT for a free splint adjustment appointment if you experience any of the following after wearing your splint:

- Red or darkened areas of your skin where the splint may be rubbing
- Pain or unusual discomfort
- Skin discolouration
- Persistent tingling or numbness
- Significant swelling