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## Occupational Therapy Services

# Instructions for wear and care of soft material pre-fabricated splints/braces

### Reason for wearing splints/braces

To support painful wrist/finger/thumb joints during activity.

### Time to be worn

The splint/brace should be worn when doing activities such as housework or gardening. You will be advised by your occupational therapist of other occasions when you could wear your wrist brace.

You should not wear your splint/brace overnight unless specifically instructed to do so by your occupational therapist.

If you wish to wear your splint/brace whilst driving you should contact your car insurance company for advice as to any potential effects on your insurance cover.

### Cleaning the splint/brace

- Take out any plastic or metal support struts.
- Wash in a washing machine at no higher than 40 degrees centigrade.
- Dry flat, do not tumble dry.
- When dry replace the plastic or metal support struts, if applicable.

### Using your wrist brace

- When removing the splint/brace check your skin for red or irritated areas – if it is still red 20 minutes after removing the splint/brace contact your occupational therapist.
- You may find that your wrists and fingers are stiff after removing the splint/brace but gentle exercise after the brace is removed should help lessen this.
- Do persevere with wearing your splint/brace; it takes time to get used to it.
- Do not alter the splint/brace in any way unless instructed to do so.

### Replacement braces

In the future you may require a replacement splint/brace either due to:

- Because your needs have changed and the splint/brace is less effective.
- Normal wear and tear.
- Due to damage to the splint/brace.

If the splint/brace no longer fully meets your needs and you are still seeing an occupational therapist they will arrange for a replacement splint/brace. However, if you are no longer seeing an occupational therapist you will need to be re-referred to Occupational Therapy by your GP or Rheumatologist.

If the splint/brace needs replaced because it has been damaged you can obtain a replacement by either:

- Asking your occupational therapist, if you are still receiving treatment.
- Asking your GP, Rheumatologist or Physiotherapist if they can provide you will a replacement.
- Purchasing a splint/brace yourself from a pharmacy, sports shop, disability equipment shop, via mail order or via the internet.

### Your splint/brace

The specifications of the splint/brace you have been provided with are:

### Contact information

If you have any questions your splint do not hesitate to contact the Occupational Therapy Department, Monday to Friday, 08.30 until 16.30. Telephone: 01223-216796

Your occupational therapist is: .....

### Privacy & dignity

We are committed to treating all patients with privacy and dignity in a safe, clean and comfortable environment. This means we will see for you in an individual treatment area, unless you have agreed to take part in group activities.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



### Document history

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