

SPLINT CARE

General Care

- Do not remove your splint. It is serving a very important function of immobilizing an injured part of your body. Exception: The splint may become too tight due to excessive swelling, especially during the first three days if you have not been elevating the injured limb. If you develop a change in sensation (such as numbness, tingling or pain) or discoloration (pale or blue) beyond the splint (fingers or toes), then do remove the bandaging (while still keeping the limb resting in the splint) until symptoms resolve. Then reapply the bandaging loosely. If symptoms do not resolve within 10 minutes, then you should have it checked immediately.
- Do try to maintain range of motion of joints not immobilized by the splint, especially your shoulder.
- Do not place anything under your splint except extra padding if your skin is getting rubbed by the edge of the splint. Do not place powders or creams under your splint. This may soften the skin too much leading to breaks in your skin and infection.
- For itching, take oral Benadryl or Claritin over-the-counter. A hair dryer with cold air blown under the splint is also helpful for itching. Do not scratch under your splint with your fingernails, coat hangers, etc. This is very dangerous and can cause breaks in the skin and infection, which are difficult to detect under the splint.
- To avoid damaging your splint, do not rest it on the edge of a table or other sharp objects.
- Keep the splint completely dry. A wet, damaged, or soft splint will likely need to be replaced. Please call us if this happens.
- Follow up with orthopedist as recommended for further evaluation and care.

Showering Instructions

- When showering, cover the splint with a plastic bag. For added security, wrap a towel just above the splint and use a 2nd plastic bag covering the first bag and towel.
- Even though your splint is wrapped, try to avoid water from the shower directly hitting the covered area because leaking may still occur. Water is less likely to run inside an arm splint if your elbow is kept above your shoulder.

After Splint Removal

- Your skin normally may become dry and scaly if your splint has been on for more than a few days. Your skin should return to normal in a couple of weeks.
- Clean your skin gently with soap and water. Apply lotion as needed. Do not scrub your skin as this will irritate and redden skin.