

Information for patients

Name of Patient:.....

NHS Number:.....

Your splint has been made to fit you, and it needs to be as comfortable as possible.

If your splint rubs, causes any red areas or you get swelling please get in touch with us so we can review it and make it more comfortable.

If you need to **contact us** about your splint ring us on **03033 304557 – Grimsby**

03033 302385 – Scunthorpe

Your Occupational Therapist is:

The department can be contacted Monday to Friday 8.00am to 12.30pm & 1pm to 4pm.

The Reason for your Splint

To **support** the joints at the base of your thumb and help to **relieve** pain.

It may also help to **improve** your hand **function**.

When to Wear your Splint

For the daily **activities** which cause the **pain** in the base of your thumb.

For periods of rest if your joints are **inflamed** and **painful**.

You are not advised to wear the splint **all** the time as **stiffness** may develop.

Exercises

You will need to **gently** move your thumb in **all directions** several times to **prevent** stiffness developing in the thumb joints.

You will need to do this at least **3** times per day.

Care of your Splint

Your splint may be **hand washed** in warm soapy water rinsed well and dried with a towel. We suggest that you wash your splint **daily** to keep it fresh. The straps are also washable.

Try to avoid handling newsprint will not wash off your splint.

Do **not** leave your splint in a **hot environment**, e.g. on a windowsill in sunlight, or on a radiator as it may lose its shape.

Pets like to chew splints so keep it out of their way.

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Precautions

If you get any pins and needles in your thumb let your therapist know.

Do not attempt to alter your **splint** yourself. If you are having difficulties with your splint or do not understand any of the information given to you please do not hesitate to **contact us** on the telephone number on the front of this leaflet.

Follow up Appointments

It may be necessary to **review** your splint.

- A follow-up appointment will be made for you.
- Someone will telephone you to ensure there are no problems and the splint is meeting your needs.

If you are attending the department, please report to the reception in the **Occupational Therapy Department** when you arrive for your appointment and **ring the bell** so we know you are here.

Please bring your splints with you.

Missed Appointments

If you are **unable to attend** your appointment please give us plenty of notice so that we can give your slot to somebody else.

If you do **not attend** your appointment without notifying us you may be discharged from the service and your referrer may be informed.

Cancellation at **short notice** will be treated as not attending in some circumstances, if this occurs four times, you may be **discharged** from the service.

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

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Author: Occupational Therapy Department, DPOW

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