



# Information for patients

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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:

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

## The Reason for your Splint

To allow the scars to **heal** as **flat** as possible and prevent your fingers bending towards your palm during the healing phase.

## When to wear your splint

While the **stitches** are in you will need to wear the splint during the **day and night**, only removing to do your exercises.

Once the stitches are **removed** you will only need to wear the splint at **night time**, for **three months** after the surgery.

Lining your splint with **kitchen towel**, which can be changed and thrown away, may keep your splint more **comfortable**. Please make sure there are **no creases** in the kitchen towel.

## Exercises

Gently pull your fingers in towards your palm as far as you can. Make sure you are bending all your finger joints. Hold them there for a couple of seconds.

Then straighten your fingers as far as possible. Hold them there for a couple of seconds.

Repeat this 10 times every hour during the daytime.

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## 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.

## Precautions

While your wound is still being dressed, you will need to keep the wound and dressing dry.

**Once your wound is fully healed you can use your hand as normally as possible.**

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.

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## 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](mailto: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](mailto:nlg-tr.interpreters@nhs.net)

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