

Splint Wear and Care Home Program

Wear schedule:

- Night (while sleeping)
- Daytime
- When out in public
- When extra protection is required
- All the time

Remove for:

- Exercises
- Wound care
- Quiet times at home

Precautions:

- Call the OT clinic at 734-936-7070 if you notice red areas, pain where arm makes contact with the splint, or a rash
- Keep away from heat sources

Care:

- Plastic: wash with soap and water, or clean with rubbing alcohol or wipes
- Neoprene: hand wash and air dry
- Stockinette liners: hand wash and air dry

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Heather Nicholas, OT, CHT

Reviewers: Carole Dodge, OT, CHT

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 05/2020