

When you can return to these activities depends on how your hand has healed and how well it is moving. Your therapist and / or consultant will advise you when it is safe to do so. The following will give you a guideline:

Anticipated earliest date of return to light work:

Estimated return to light work:

Anticipated earliest date of return to manual work:

Anticipated earliest date of return to driving:

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Advice on splint wear and care Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Precautions

- **Do not** drive or operate machinery until advised to do so by your doctor/therapist. Your insurance may be invalid if you are wearing a splint.
- **Do not** place your splint on or near any hot surfaces or heat sources, e.g radiators or window sills, as the splint could lose its shape.
- **Do not** adjust your own splint except the straps which can be adjusted for comfort.
- If you experience any increase in swelling, pain, sore areas, stiffness or numbness – contact the therapy department.
- If any parts of the splint(s) become loose or detached, please contact the therapy department.

Cleaning Instructions

- If you are told you are allowed to remove your splint(s) you may clean it/them with soap and warm water (avoiding hot water) or baby wipes.
- If there is a lining to your splint(s) avoid getting this wet.
- Dry your splint(s) thoroughly before re-applying.
- Stains can be removed with toothpaste and a cloth. Ensure thorough rinsing afterwards.

Wearing Instructions

Your splint(s) has/have been made to -

Wear your splint(s) -

Exercise to be completed -

How often -