

The Advice Line Service: 01744 646454

We have an answer phone service in the Rheumatology Department if you require any advice or need to change your therapy appointment.

Remember to speak slowly and clearly state the name of the person who message is for.

Leave your name, hospital number and contact number.

When will we call you back?

If you call the Advice Line Monday - Friday we will attempt to call you back on 2 occasions within 2 working days.

The advice line is not open at weekends or bank holidays and is not for medical emergencies.

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



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Night Resting Splint

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Instructions

Your splint was custom made for you to:

- relieve pain
- reduce inflammation and
- prevent deformity

Precautions

If any of the following occur please contact your therapist:

- soreness caused by your splint rubbing
- severe pain or feelings of pins and needles
- excessive swelling
- blisters
- changes in skin colour i.e. pink/red marks which do not disappear ten minutes after removing the splint (if in doubt compare with your other hand)

Application

- your splint should be worn at night in bed
- fasten all straps securely
- if you have night resting splints for both hands, wear them on alternate hands on alternate nights

Do not worry if you are unable to wear the splints all night initially, start off by wearing them for a few hours and then gradually increase the length of use

Remember please do not attempt to adjust the splint yourself – always contact your therapist.

Cleaning and adjustments

- your splint may be cleaned in lukewarm soapy water. Remember not to use water over 60°C as your splint may lose its shape
- keep away from direct heat, light or sunny windows
- dry with a towel
- if the straps need renewing, please contact your therapist
- talc or stockinette may be used to lessen the discomfort of perspiration

If you have any problems with your splint, contact your occupational therapist to arrange a review appointment on:

01744 646454

Leave your name and contact number and your call will be returned