

Care of your splint

Please refer to this leaflet for guidance about
your splint

Type of splint fitted

For **plaster room**
information scan the QR code



[www.gloshospitals.nhs.uk/
plaster-room](http://www.gloshospitals.nhs.uk/plaster-room)

Introduction

This leaflet gives you information about how to look after your splint and care for your skin. Please scan the QR code on the front of this leaflet for further information.

About your splint

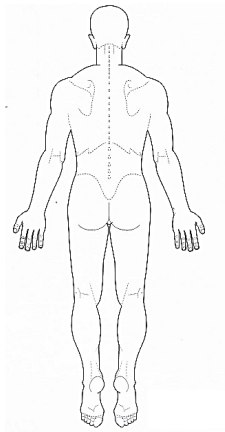
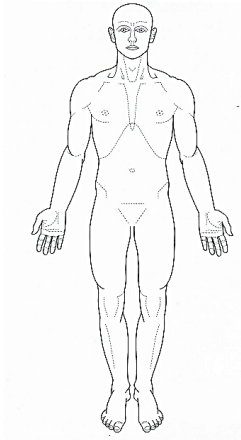
Your splint will be fitted by a member of the nursing team. You will be given instructions on when it should be worn and how much body weight you can put through your limb.

Useful information

- Always make sure that you dry your skin well after washing.
- A fan can be used to help cool your skin if it feels hot and sweaty. If left untreated it can cause a pressure ulcer, redness and friction.
- Wash the lining of your boots or shoes if they become dirty due to sweating.
- Rest and keep your hand/arm/leg raised, supported on a pillow or cushion.
- Exercise your toes and fingers.
- Please contact the Plaster Room if you have any queries or your skin is getting sore. The contact details are at the end of this leaflet.

This page is to be completed by a member of the team.

Please record on the diagrams below any cuts, sores or skin damage.



Instructions

Can you remove your splint?		Can your splint be removed at night?	
Yes ☐	No ☐	Yes ☐	No ☐
Your splint should be:			
Kept on at all times		☐	
Can be removed for bathing and showering		☐	
Removed for elevation of your limb		☐	
Weight Bearing status (for lower limb injuries)			
Non-weight bearing		☐	
Partial weight bearing		☐	
Full weight bearing		☐	
Boot with wedges			
Wedges will be removed ☐ per week for ☐ weeks			

Contact information

If your skin becomes sore, please contact a member of the Plaster Room team for advice as soon as possible.

Plaster Room

Cheltenham General Hospital

Tel: 0300 422 3148

Monday to Friday, 8:30am to 4:30pm

Gloucestershire Royal Hospital

Tel: 0300 422 8411

Monday to Friday, 8:30am to 4:30pm

If the Plaster Room is not open, please contact your GP or NHS 111 for advice. It is important to stop a pressure sore from forming.

NHS 111

Tel: 111

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