

**Patient
Information**

Care of your splint

Please take this leaflet with you when you attend your appointments

Introduction

This leaflet gives you information on how to look after your splint and care for your skin.

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 pressure, 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.

Reference No.

GHP11456_06_21

Department

Plaster Room

Review due

June 2024

Patient Information

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

Condition of the skin on the patient's affected limb:

Instructions for use of your splint

Can you remove your splint?

- Yes
- No

When can your splint be removed?

- Must be kept on at all times
- Can be removed for bathing and showering
- Can be removed while you have your leg elevated during the daytime
- Can be removed at night

Weight bearing status

- Non-weight bearing
- Partial weight bearing – specify how much weight

- Full weight bearing

Wedges will be removed per week for weeks.

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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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