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## Futura (wrist) splint

### Why am I in a splint?

You have been put into a splint to aid support for your wrist. Depending on your injury you may be put into a splint which includes your thumb as well.

### When do I wear this?

Generally you wear the splint when you are not resting, however go with the advice given by the doctors or practitioners from the plaster room.

### How do I fit the splint?

Normal splint:

- Undo all the Velcro straps and put the splint resting on the palm.
- Pull the straps over the top of the wrist to meet the opposing side include the strap between the thumb and forefinger.
- The splint should be supported and should not go any higher than the knuckles.

Thumb splint:

- Follow the instructions above except the thumb must slide into the thumb support before strapping. There is an extra strap which wraps round the thumb to ensure appropriate support.

### Precautions

- Should the hand, wrist or fingers swell, loosen the straps and elevate the arm. Should this not subside, call the number overleaf for the plaster room.
- Any signs of allergic reactions such as an unknown rash or skin discolouration call the plaster room.

### Splint care

- Remove any metal bars from the splint (on the palm for a normal splint or palm and the thumb for a thumb splint).
- Wash the splint in a washing machine at max temp 40 OR hand wash with warm soapy water.
- Leave to dry naturally – do not tumble dry.
- Should the splint break or you have any issues please call the plaster room.

## Contact details (Poole)

### Plaster room

**Telephone: 0300 019 2140**

Please note: Our telephone lines are open from 9am to 5pm however a 24 hour answerphone service is available and we will get back to you as soon as we can.

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