

# About your Futura splint

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## What is the purpose of the splint?

- To help in the reduction of pain and swelling in your hand or wrist
- To provide support for your wrist.

## How do I fit my splint?

- Place your splint open on a flat surface
- Place the palm of your hand down on to the splint. The metal insert should run along the inside of the arm on to the palm of the hand
- Pull the straps up over to meet the Velcro on the opposite side
- The splint should not restrict any finger movement
- Loosen the straps if your hand/wrist swells. Keeping your hand elevated e.g. up near your shoulder, will help reduce the swelling.

## How do I care for my splint?

Splints can be washed in warm water. Before washing, remove the metal bar from the splint. Before wearing the splint again, ensure that the metal bar is reinserted and the correct way round.

## When to wear your splint

- For a fracture (break in the bone) - you should wear it at all times except for bathing
- For a soft tissue injury you should remove it at night.

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Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: Deborah Mayne Date: October 2022 Version: One Review date: October 2025 Ref: 553/21