Splint Care

Your doctor has applied a splint to rest and protect your injury. Splints can be made of plaster, fiberglass, or metal; they are used to treat fractures, sprains, tendonitis, and other injuries. Please keep your injury elevated to reduce swelling and pressure under your splint. If an elastic bandage has been used to hold the splint, it can be loosened for increased swelling or pain.

Try to keep your splint clean and dry. They can be used for weeks if needed to treat serious sprains, or minor fractures. Do not put objects under your splint to scratch yourself. **Call your doctor right away if you have**:

- **Increased pain or pressure around the injury.**
- **Numbness, tingling, or painful, cool toes or fingers.**

Call your doctor for follow up care as recommended, especially if your splint becomes too soft or broken before you are healed.

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