Wrist Splint

A wrist splint is a brace that holds the wrist in a straight position. It is used to help hold the wrist still. This may be needed for healing broken bones or for sprained wrists. It can also help relieve pressure on the nerves.

Splints are available in drugstores. Custom-made splints may be needed to help with special problems.

HOME CARE

- Wear the splint as told. It may be worn during sleep.
- Ask your doctor if it is okay to wear a splint while working.
- A wrist splint is usually helpful for short-term treatments. Long-term use may also be needed.
- Following splint use, slowly exercise the hand and wrist. This helps build muscle strength.
- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 20 minutes at a time, 2 to 3 times a day.
- Keep the arm raised (*elevated*) above the level of the heart whenever possible.
- Only take medicine as told by your doctor.

GET HELP IF:

- There is increased pain that does not go away with medicine.
- The puffiness (*swelling*) in the wrist is getting worse.
- You or your child starts to lose feeling in the hand.
- The pain is getting worse or it is hard to move the fingers.
- The skin or nails turn blue or gray or feel cold or numb.
- There is a bad smell or new stains and/or fluid coming from under the splint.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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