Splint Care

Splints protect and rest injuries. Splints can be made of plaster, fiberglass, or metal. They are used to treat broken bones, sprains, tendonitis, and other injuries.

HOME CARE

- Keep the injured area raised (*elevated*) while sitting or lying down. Keep the injured body part just above the level of the heart. This will decrease puffiness (*swelling*) and pain.
- If an elastic bandage was used to hold the splint, it can be loosened. Only loosen it to make room for puffiness and to ease pain.
- Keep the splint clean and dry.
- **Do not** try to scratch the skin under the splint with sharp or pointed objects.
- Follow up with your doctor as told.

GET HELP IF:

- There is more pain or pressure around the injury.
- There is numbness, tingling, or pain in the toes or fingers past the injury.
- The fingers or toes past the injury become cold or blue.
- The splint becomes too soft or breaks before the injury is healed.

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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