



McFarland Clinic

SPLINT CARE INSTRUCTIONS

- NEVER get your splint wet. It must be covered with a splint cover found at most drug stores or by a plastic garbage bag.
- Keep splinted limb elevated above the heart for 48 hours after splint application and at any time swelling occurs.
- Keep the splint clean and avoid getting dirt or sand inside the splint. Do not apply powder or lotion on or near the splint. Cover the splint when eating.
- Do not pull the padding out from inside your splint.
- Ice helps keep the swelling down. Apply a bag of ice (or a bag of frozen vegetables) covered with a thin towel around the splint for 20 minutes every two hours while awake. Do not apply ice directly to the skin.
- Take your pain medicine if you have pain. After the first few days, you may be able to take a non-prescription pain medication, such as acetaminophen (Tylenol and others).
- Wear sling for arm splint if directed, but remove to do range of motion to elbow and shoulder at least twice daily.
- Every hour make a fist and move fingers if you have an arm splint or move toes and knee to keep good circulation in your extremities.
- Do NOT lean or press on your splint. Leg splints are NOT made to walk on unless specifically told to do so by physician.
- Do NOT insert any items between splint and skin for itching or any reason. A cool blow dryer may be used to relieve itching.

Contact physicians office or go to nearest ER/Urgent care if any of the following occur:

- Excessive swelling to where the splint becomes tight to your hand or foot.
- Fingers or toes become blue or purple and cold and can not be warmed with blankets or complete loss of sensation occurs. Some bruising is normal.
- Severe or localized pain not controlled by medication.
- Cracking or significant wear of splint.



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