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Wear and Care Instructions for a Resting Hand Splint

Putting on the Brace

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1. Open all of the velcro straps and place your hand on the top of the brace.
2. Secure the forearm strap first (the one closest to your elbow).
3. Next, secure the knuckle/ wrist strap (the longest strap). It will go around your arm twice. First, over your knuckles. Then over your hand and around your wrist.
4. Secure the third strap over the fingers.
5. Finish by securing the fourth strap over your thumb.

Removing the Brace

To remove this brace, undo the velcro straps and lift your hand out of the brace. Stick the velcro back to the brace.

HELPFUL TIP - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

Remove the top cover from the underlying foam structure. There will be a velcro seam on the underside of the brace that you can open. Hand wash the top cover with warm water and gentle soap and rinse it well. You can put this top cover in the washing machine in a garment bag on the gentle cycle if you prefer, but don't put it in the dryer. Avoid bleach or fabric softener, and lay it flat to dry.

Clean the foam structure by whipping it down with warm soap and water. Pat it dry. Make sure that the brace is fully dry before putting it back inside the top cover material.

Wearing Schedule

Typically, this brace is worn while you are sleeping or resting. However, you may wear it while you're awake. Your practitioner will instruct you on your specific schedule.