

## Orthoglass® Splint Care Sheet

You have been fitted with an Orthoglass splint in order to assist with the healing of an injured limb; this splint often takes the place of a cast. Depending on your injury, this splint is placed temporarily while awaiting specialist evaluation, surgery, or a more permanent cast so it is very important to closely follow your clinician's instructions for follow-up. The following information is provided in order to assist you in caring for this splint and to assure the best possible outcome for your injury.

1. Do not remove splint unless directed by a clinician.
2. Move fingers or toes frequently to reduce swelling and prevent joint stiffness.
3. Avoid bumping or knocking the splint against any hard surface.
4. Never trim or cut down the length of the splint yourself.
5. Protect the splint from getting wet. If you need to shower, wrap splint in a garbage bag and tape the end snugly.
6. Elevate extremity as much as possible to help reduce swelling (above the level of your heart is best).
7. Contact the advice nurse at 643-7197, or return to Urgent Care if you have any problems with your splint, especially if you experience any of the following signs or symptoms:
  - Pain unrelieved by the medication your clinician has prescribed.
  - Splint feels too snug or tight.
  - Splint becomes loose, broken, cracked, or wet.
  - Painful rubbing or pressure develops beneath the splint.
  - You experience continued coldness, or notice a whitish or bluish discoloration of your splinted limb.
  - Pain, numbness, or a continued tingling of the splinted fingers or toes.

Check our website: [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) to learn more about this medical concern or others.  
For an appointment [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) or call **510-642-2000** Clinic Nurse **510-643-7197**  
for advice