

Splinting for Burns

Splints are used to:

- prevent movement and protect skin grafts after surgery
- prevent or correct soft tissue contractures
- maintain or restore function for daily activities
- prevent or reduce oedema (swelling)
- maintain muscle, tendon and ligament length
- prevent pressure injuries
- other _____

Wear your splint:

- At all times (day and night) until the graft is reviewed by your doctor (usually 3-5 days following surgery). Wear a plastic bag over your splint when showering.
- overnight only
- for 20 minute intervals, 5-6 times per day
- all times, except for prescribed exercise
- all times, except when showering
- all times, except washing your splint
- other _____

Your Occupational Therapist and doctor may change your splint wearing regime over time.

Splint precautions:

Contact your Occupational Therapist if you notice any of the following symptoms while wearing your splint:

- increased pain
- skin irritation
- red marks lasting longer than 20 minutes
- increased swelling
- pins and needles.

Straps / bandages should be applied securely, but not too tight. Do not attempt to change your splint.

Contact your Occupational Therapist for any necessary modifications.

Splint care:

- Heat changes the shape of your splint. Do not leave your splint in the sun, a closed car, near a heater or in hot water.
- Splints may be washed in cold soapy water.
- Splint liners may be washed regularly in cold soapy water

Follow up appointments:

Please bring all of your splints to outpatient appointments for the Occupational Therapist to review.

Please contact your Occupational Therapist if you have any queries or concerns.

Occupational Therapist: _____

Phone: (07) 3646 7100