



Second Skin

CUSTOMISED COMPRESSION GARMENTS & SPLINTS

Your Wearing Guide

FOR YOUR SECOND SKIN BODY SPLINT





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General Information

Your Body Splint is custom made to address your personal goals.

To achieve the best outcome, we recommend your splint is worn consistently for a minimum of **5 days a week**, for the following number of hours:

- Children: 6 – 8 hours per day
- Adults: 8 – 10 hours per day

Introduce your splint gradually over the first two weeks, as discussed with the Second Skin Therapy Team, until you reach the recommended wear time.

Your Second Skin Therapy Team will advise if there are any changes required to this wearing regime.

Important Information

1. Splints must not be worn overnight unless recommended by the Second Skin Therapy Team.
2. Temporary markings from the splint are to be expected, just like socks and underwear. If any marks remain visible the following day, please do not use the splint and contact Second Skin immediately for advice.
3. Splints are designed to be laundered weekly with extra care to ensure the longevity of your splint.

Please read the care instructions as follows:

Splints should be hand washed or placed in a lingerie bag or pillow case and washed on gentle cool cycle in a front loading washing machine. Wash in water not more than 40°C using a mild detergent without bleaching agents. Rinse thoroughly and remove excess water by rolling in a clean dry towel. Dry flat in the shade. Do not tumble dry, iron or dry clean. Do not use fabric softener.

Some fabrics will be affected by oily based creams and lotions. We therefore recommend you use water or silicone based creams and lotions.



For more information and FAQ's head to the SERVICES section on our website: www.secondskin.com.au

Empowering you to be your best – your goals your way



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How to apply your Body Splint



STEP 1: Undo all zips of the splint and lie the client on the open splint with the neckline lined up at the base of the neck. *Please note: Some splints are applied while standing depending on the splint design. Your Second Skin team or therapist will advise.*



STEP 2: Do up the shoulder zips first. Ensure the fabric lining behind the zip is flat against the skin before the zip is done up.



STEP 3: Gently push the client up into the shoulders of the splint to ensure good contact, before doing up the centre front zip (starts either at top or bottom). If the client has an abdominal feeding tube the splint will contain a pouch for ease of access. Ensure this pouch is centred over the tube before doing up the centre front zip.



STEP 4: Connect the top and bottom half of the splint using the Velcro tabs before doing up the leg zips. Ensure the crotch section of the splint is centred over the client's crotch.



STEP 5: Connect the leg zips ensuring the fabric lining behind the zip is flat against the skin before doing up the zip. The leg zips should run parallel to each other once connected. *Please note: Not all body splints have zips on the side of the legs. This may vary depending on the splint design.*



Some splints are designed with an open crotch for independence in toileting, so outerwear can be worn on top of the splint as shown.



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We are here to help

If you have any questions, we are here to help:

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