



Second Skin

CUSTOMISED COMPRESSION GARMENTS & SPLINTS

Your Wearing Guide

FOR YOUR SECOND SKIN HAND SPLINT





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General Information

Your Hand 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 Hand Splint



STEP 1: Undo the zip on the hand splint.

Please note: The zip can be positioned along the index finger side or the little finger side of the splint, depending on the splint design.



STEP 2: Turn the hand splint inside out.



STEP 3: Feed the fingers into the tubes of the splint.

Please note: For splints with a zip opening through the index finger, feed in the little, ring and middle fingers. For splints with a zip opening through the little finger, feed in the index, middle and ring fingers.



STEP 4: Flip hand splint back over the hand.

If the splint includes boning as above, the boning is always positioned on the back of the hand.



STEP 5: Insert the thumb into the thumb tube of the splint.



STEP 6: Use your fingers to push down between the finger and thumb webs of the splint.



STEP 7: Ensure the fabric lining behind the zip remains flat against the skin before the zip is done up. Use the Velcro tab to assist in bringing the sides of the zip together as the zip is being done up.



Please note: Your hand splint may differ to the splint featured due to different splint designs, as shown in the above images.



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We are here to help

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

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