A splint has been placed on your child’s ________________ for _________________.

The splint will decrease pain and prevent further injury.

**Home care:**

- [ ] An arm sling should be worn the first 24 to 48 hours for a short arm splint.
- [ ] An arm sling should be worn all the time for a long arm splint.
- [ ] Do not walk on a leg splint. Always use crutches as instructed for walking.

Allow the splint to dry (usually for 24 hours). Do not allow the splint to rest against any hard surfaces while drying. This could make a sore on your child’s skin under the splint.

**Keep the splinted area elevated (above the level of the heart) for the first 24 to 48 hours.** This will help decrease the pain and swelling. You may also use a cold pack to decrease pain and swelling. Wrap the cold pack in plastic wrap to keep the splint from getting wet.

Check your child’s fingers or toes near the splint every 2-4 hours. Check for the following:

- Swelling
- Warmth
- Movement
- Color

Sponge bathe your child. Do not allow the splint to get wet. Moisture weakens the splint which can cause more injury.

Do not remove the splint unless your child’s doctor has instructed you to do so.

You may give acetaminophen (Tylenol®) or ibuprofen (older children) for discomfort. Be sure to check the package instructions for the amount to give your child based on his age and weight. Do not give more than 5 doses of acetaminophen or 4 doses of ibuprofen in 24 hours.

**Follow-Up:**

It is very important to keep your child’s follow-up appointment.

Your child’s follow-up appointment is on _____/_____/_____ at __________ in the ________________________________________________________________________________.
Call the Orthopaedic Clinic at (816) 234-3075, or the Children’s Mercy Hospital Information Line at (816) 234-3188, if:

- Your child’s fingers or toes are blue or white in color, are cold to touch, are more swollen or remain swollen for more than _____ days, are numb, or have a tingling/burning sensation.
- You child is unable to move his fingers or toes.
- There is an increase in pain.
- There is a crack or break in the splint.
- You have any questions or concerns about your child’s injury or splint.

During evening or weekend hours, call the hospital operator at (816) 234-3000 and ask for the Orthopaedic resident on call.

Special Instructions:

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________