



Second Skin

CUSTOMISED COMPRESSION GARMENTS & SPLINTS

Your Wearing Guide

FOR YOUR SECOND SKIN DYNAMIC
RESTING SPLINT WITH CONE



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General Information

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

To achieve the best outcome, we recommend building up the wear time of your splint over the first two weeks, for the following number of hours:

Week 1 Day 1–3: 2 hours per day
Day 4–7: 3 hours per day

Week 2 Day 1–3: 4 hours per day
Day 4–7: 5 hours per day

Followed by:

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

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

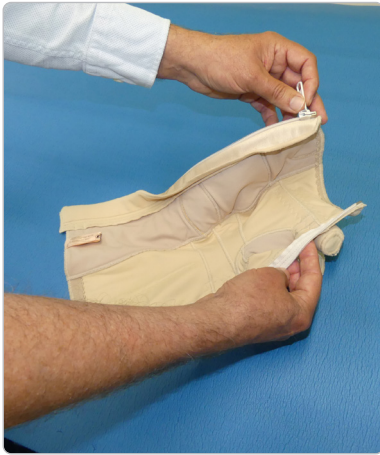
Empowering you to be your best – your goals your way



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How to apply your Hand Splint



STEP 1: Undo the zip of the hand splint.



STEP 2: Insert the thumb into the thumb tube of the splint.



STEP 3: Ensure the fabric lining behind the zip remains flat against the skin before the zip is pulled up.



STEP 4: Use the Velcro tab to assist in bringing the sides of the zip together as the zip is being done up.



STEP 5: The splint is delivered with the palm cone positioned as it is intended to be worn.



PLEASE NOTE: Your hand splint may differ from the splint featured due to different splint designs and may have an attached or detachable cone, as shown in the images above.



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We are here to help

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

AUSTRALIA

PERTH

40 O'Malley Street
OSBORNE PARK WA 6017
T: +61 8 9201 9455
F: +61 8 9201 9355
E: perth@secondskin.com.au

SYDNEY OFFICE

1/8 Northcote Street
ST LEONARDS NSW 2065
T: +61 2 9386 0812
E: sydney@secondskin.com.au

BRISBANE OFFICE

2 / 8 Vine Street
STONES CORNER QLD 4120
T: +61 7 3084 4319
E: brisbane@secondskin.com.au

UNITED KINGDOM

LONDON OFFICE

Unit 10, Spectrum House
32-34 Gordon House Road
GOSPEL OAK LONDON NW5 1LP
T: +44 203 627 9937
E: london@secondskin.com.au

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