



Second Skin

CUSTOMISED COMPRESSION GARMENTS & SPLINTS

Your Wearing Guide

FOR YOUR SECOND SKIN
SOFT ARM SPLINT WITH BLOCK



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General Information

Your Arm 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

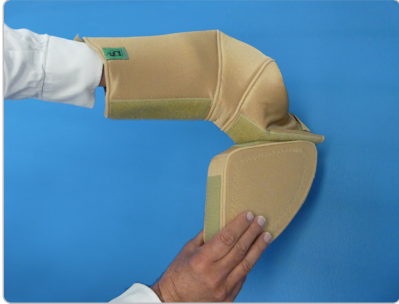
Empowering you to be your best – your goals your way



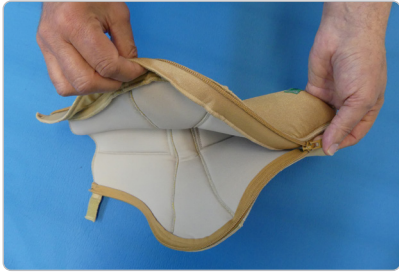
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How to apply your Arm Splint



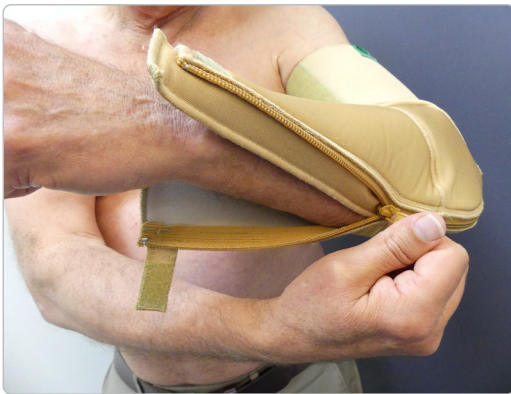
STEP 1: Remove the block from the arm splint, then undo all the zips of the arm splint.



STEP 2: Wrap the arm splint around the arm.



STEP 3: Position and centre the middle section of the splint over the elbow crease.



STEP 4: Ensure the fabric lining behind the zip remains flat against the skin before the zip is done up.



STEP 5: Ensure the Second Skin label is on the outside of the arm.



STEP 6: Reposition the elbow block back onto the arm splint. Ensure the Second Skin label on the block is above the elbow.



STEP 7: Ensure to leave a gap of 2 fingers between the block and the armsleeve.





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We are here to help

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

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