



# Second Skin

CUSTOMISED COMPRESSION GARMENTS & SPLINTS

# Your Wearing Guide

FOR YOUR SECOND SKIN  
ARM SPLINT





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# General Information

## Your Arm 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](http://www.secondskin.com.au)

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# How to apply your Arm Splint



**STEP 1:** Undo all the zips of the arm splint.



**STEP 2:** Slide the arm splint up and over the arm.



**STEP 3:** Position and centre the soft fabric section over the elbow crease.



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



*Please note: The zip systems may vary depending on the splint design as shown in the images above.*



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



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# We are here to help

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

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