



## Wrist Hand Finger Orthoses

You have been fit a Wrist Hand Finger Orthosis. Unless otherwise instructed, please use a gradual break in schedule to allow your body to get used to the device. Start with an hour today and increase an hour per day as tolerated. After you have worn the device for the required time, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

This orthosis is designed to support your wrist and limit the motion of your wrist. Some orthoses are for day use, others for use during sleeping. You should wear this as instructed by your doctor. Your orthosis can be cleaned with a wash cloth and mild soapy water. Saddle soap can be used for any leather portions. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Make certain the orthosis is reapplied properly, with all straps secured snugly. Do not use a hair dryer or place near a heater to speed up the drying process as this can damage the device.

Be certain you are comfortable with putting on and taking off your orthosis. Never attempt to modify your orthosis yourself. Please inspect your orthosis daily for any signs of wear including cracking, loose parts or decreased effectiveness of the device and call the office if needed. Also, don't hesitate to call if you have any questions about wearing your device. A yearly check up is recommended.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.