



**Northumbria Healthcare**  
NHS Foundation Trust

# Information on the wear and care of your supports

Issued by Rheumatology Occupational Therapy

## You have been provided with:

- Neoprene support
  - Thermoplastic resting support
  - Thermoplastic carpal tunnel support
  - Thumb spica
  - Wrist brace
  - Other:
- 

## The aim/purpose is to:

- Support and stabilise the joint during activity
- Provide heat benefit and pain relief
- Rest or protect a joint
- Reduce pain and/or swelling
- Prevent specific movements

## How to use your support:

- To be worn while carrying out activities
  - To be worn at rest
  - Can be used overnight
  - Not to be worn all day
  - For overnight use only
  - Other:
- 
- 

**If you will be wearing your support overnight, please try it for at least an hour prior to sleep first and then remove and check for any issues (see over). Do not continue using if you notice any problems.**

## **Please check for:**

- Incorrect fitting, e.g. any areas where it is too loose, too tight, rubbing or digging into the skin.
- Increased discomfort or change in symptoms, e.g. irritated or broken skin, a rash, pins and needles, numbness, discolouring of fingertips or any new pain.
- Stop wearing your support immediately if you do notice any problems and contact your occupational therapist.

## **Caring for your support:**

- Neoprene supports can be machine washed on a low temperature but do not tumble dry.
- Handwash thermoplastic supports in lukewarm soapy water then rinse. Straps can be washed in soapy water too.
- Remove the metal bar from wrist braces before handwashing and allow them to dry naturally before replacing the bar.
- Ensure supports are completely dry before using again.
- Do not leave thermoplastic supports near a heat source, e.g. on a radiator or a windowsill in direct sunlight.
- Follow manufacturer instructions where provided.

**You should inform your insurance company if you are wearing supports for driving. This should not affect your premium.**

## **Contact us**

**Please contact your Rheumatology Occupational Therapy team if you have any queries or concerns about your supports.**

Hexham General Hospital                      01434 655632

Wansbeck General Hospital                01670 529449

North Tyneside General Hospital        0191 293 4318

## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

## Other sources of information

### NHS 111

### NHS Choices

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

PIN 736/V2

Review date: July 2024

© This material is the copyright of the Northumbria Healthcare NHS Foundation Trust.