

Caring for Your Child's Velcro or Fiberglass Splint

A splint stabilizes an injury to help it heal. Your child should keep the splint on unless told otherwise by the provider.

Velcro Splint: *If your child has a stable fracture, they will be fitted with a Velcro splint.*

Fiberglass Splint: *If your child has a more severe or unstable fracture, your provider will create a custom fiberglass splint that should not be removed until the swelling has decreased, and an orthopedic specialist can cast the injury.*

Follow these instructions for a safe recovery.



Basic Care Instructions

- **Splint Fit:** Make sure the splint is snug but not too tight. If your child experiences numbness or tingling, contact your child's provider.
- **Skin Care:** Check the skin every day for redness, swelling, or irritation. Keep the skin dry and don't use lotions, powders, or oils.
- **Keep the Splint Clean:** Contact your child's provider if the splint smells bad.
- **Keep the Splint Dry:** Don't get the splint wet. If it gets damp, use a hair dryer on a cool setting to dry it. Help small children bathe with a washcloth. Older children can cover the splint with a plastic bag, sealing it with a rubber band or tape when bathing. If the splint goes under water or gets very wet, call your child's provider.
- **Avoid Scratching:** Do not insert objects inside the splint to scratch. Use a hair dryer on the cool setting to relieve itching.

Reducing Swelling and Managing Pain

- **Elevate the Limb:** Raise the injured area above heart level to reduce swelling.
- **Apply Ice:** Put ice packs around the splint (not directly on the skin) for 10-15 minutes each hour as needed.
- **Pain Relief:** Use over-the-counter pain medicine like acetaminophen or ibuprofen.

Activity Recommendations

- **Rest:** Encourage your child to rest and avoid strenuous activities.
- **Limited Activity:** Avoid activities that might bump or put pressure on the splint.
- **School and Play:** Children can attend school and engage in light play but should avoid activities that risk further injury.
- **Non-Weight Bearing:** If your child was advised to avoid putting weight on their leg splint, help them with crutches, a scooter, or other support.

When to Contact your Provider

Call our nurse line for any urgent concerns. Use portal messaging for non-urgent questions. Contact us if your child experiences:

- Pain that does not improve with rest, ibuprofen, or Tylenol
- Difficulty weaning off pain medication after a few days
- Numbness, tingling, or a cold sensation in the limb
- Any skin issues under or around the splint
- Swelling that causes pain and makes the skin turn blue or purple
- Signs of infection such as pain, redness, and warmth
- A damaged or wet splint; any bad smell from the splint

Follow-Up Care

Keep all follow-up appointments to monitor your child's healing and ensure they are cleared to resume sports and other physical activities.

Extra Tips for Comfort

Keep your child busy with seated activities like reading, drawing, or puzzles to keep them comfortable and entertained.