



Hand

- If hand/finger(s) are splinted, then leave splint in place and keep clean and dry.
- When bathing, place plastic bag over hand and secure with tape. Wash hand/fingers using antibacterial gel if needed.
- Keep splint in place for _____ weeks
- Follow-up X-ray (if needed) in _____ weeks
- Follow-up office visit in _____ weeks
- Follow-up with Hand Therapist in _____ weeks
- REST, ICE, COMPRESSION, ELEVATION*