



Wrist Hand Orthoses (WHO) Care and Use Guide

You have just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your brace.

Application:

- Apply a soft cotton interface if preferred, otherwise skip this step.
- Apply brace to hand/wrist.
- Secure closures and adjust for comfort.

Wearing Schedule:

- Your physician will determine how long the brace should be worn and during what time of the day. Some braces are for day use and some are meant to be worn during the night.
- You may wear your brace continuously (determined by your physician) as long as tolerated. Be sure to **check the skin** regularly each day for the first few days.

Skin Maintenance:

- Any redness that lasts longer than 30 minutes, blistering, itching, swelling or pain that does not go away, please do not re-apply your brace and contact your orthotist immediately.
- If you experience any numbness or tingling, loosen and readjust your brace. If that does not take care of the sensations, contact your orthotist for adjustments.

Orthosis Care:

- Clean your orthosis daily with a wash cloth and mild soapy water. Make certain all soap residue is removed and the brace is dried completely before re-applying.
- Inspect your orthosis daily for any signs of wear and tear.

If at any time your orthosis becomes cracked or broken, see your orthotist for repairs or replacement. Contact your orthotist with any questions or concerns.