

## Washing tips

## SOILED GARMENTS & SPLINTS (TOILETING)\*



- As soon as possible remove any excess matter trying not to rub any into the garment or splint.
- Run the soiled area under COLD running water to help lift any substance from the soiled area.
  DO NOT use warm or hot water as this will lock in the discolouration and smell. You can soak the affected area in cold water also.





- Once you have lifted most of the substance from the stained area, you can now wash the garment or splint, in the washing machine on a warm cycle.
  - Use washing powder and add ½ cup of vinegar to the wash (this will help kill the germs). You can add a couple of drops of essential oils to the vinegar to give a pleasant smell citrus works well.



 Once the garment or splint is clean, dry flat in an open ventilated area

<sup>\*</sup> Please take the necessary precautions, such as wearing gloves, when coming into contact with bodily fluids