



Second Skin

CUSTOMISED COMPRESSION GARMENTS & SPLINTS

Your Wearing Guide

FOR YOUR SECOND SKIN FOOT SPLINT



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General Information

Your Foot Splint is custom made to address your personal goals.

To achieve the best outcome, we recommend your splint is worn consistently for a minimum of **5 days a week**, for the following number of hours:

- Children: 6 – 8 hours per day
- Adults: 8 – 10 hours per day

Introduce your splint gradually over the first two weeks, as discussed with the Second Skin Therapy Team, until you reach the recommended wear time.

Your Second Skin Therapy Team will advise if there are any changes required to this wearing regime.

Important Information

1. Splints must not be worn overnight unless recommended by the Second Skin Therapy Team.
2. Temporary markings from the splint are to be expected, just like socks and underwear. If any marks remain visible the following day, please do not use the splint and contact Second Skin immediately for advice.
3. Splints are designed to be laundered weekly with extra care to ensure the longevity of your splint.

Please read the care instructions as follows:

Splints should be hand washed or placed in a lingerie bag or pillow case and washed on gentle cool cycle in a front loading washing machine. Wash in water not more than 40°C using a mild detergent without bleaching agents. Rinse thoroughly and remove excess water by rolling in a clean dry towel. Dry flat in the shade. Do not tumble dry, iron or dry clean. Do not use fabric softener.

Some fabrics will be affected by oily based creams and lotions. We therefore recommend you use water or silicone based creams and lotions.



For more information and FAQ's head to the SERVICES section on our website: www.secondskin.com.au

Empowering you to be your best – your goals your way



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How to apply your Foot Splint



STEP 1: Open the splint and turn inside out so the inside of the toe sections are facing towards you.



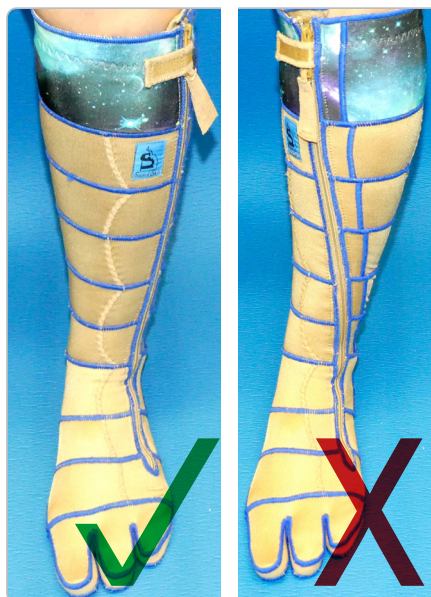
STEP 2: Place the big toe in the first tube followed by the other toes.
Please note: the toe sections may differ from the image shown. Some splints may have grouped or separated toes depending on the splint design.



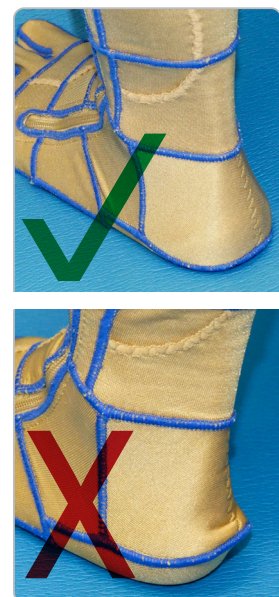
STEP 3: Once the toes are in, pull the splint up around the heel. Ensure the fabric lining behind the zip remains flat against the skin before the zip is done up.



STEP 4: Keep pulling both sides of the zip together as you gradually pull up the zip. The Velcro tab at the top of the sock can assist keeping the splint together as the zip is being done up.



STEP 5: Align the splint so the zips run straight up the leg as shown.
Please note: the zip positions can be on the inside or outside of the leg depending on the splint design. The images above show the correct and incorrect fit.



STEP 6: Check the splint at the heel to ensure the seam runs round the back of the heel. The images above show the correct and incorrect fitting at the heel.



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We are here to help

If you have any questions, we are here to help:

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