

## Custom Wrist Hand Finger Orthosis

**\*Please note that these are generalized instructions. Please follow your patient-specific instructions from your orthotist and/or physician if they are different from what is stated below.**

### WEARING INSTRUCTIONS

- It is IMPORTANT to slowly wean into the orthosis, Start wearing it gradually by increasing wearing time by 30 minutes every time it is reapplied.
- Once the orthosis is tolerated for a long enough period of time, it can be worn all night without any concerns.
- There should be no pain resulting from the orthosis, and any discomfort should have dispersed by two weeks of gradual weaning into it at which time the patient should be completely used to the orthosis. If at this time, there is still discomfort or an adjustment is necessary please call for an appointment.
- The orthosis should be worn every day for maximum effect. If it is not worn every night, it will be more difficult to adjust to the position of correction. As well, if there is any long period of time during which it is not worn, due to illness or holidays, then start wearing it gradually again to ensure tolerance is built up again.

### CARE INSTRUCTIONS

- Clean the orthosis regularly by wiping it with warm water and mild, skin-friendly, scent-free soap and let it air dry completely.
- Do not submerge in water. Do not use bleach. Do not wash in the washing machine or place in the dryer.

There is a **90-day warranty period** on the custom orthosis for satisfactory fit and workmanship. Any adjustments or repairs that are required during this time will be covered under the warranty period. **Please call us immediately if you notice any damage or have any questions or concerns.**

Please book a follow-up appointment in 4-6 months. If you have any questions or concerns before that, please contact us and we will be happy to help.

Your cast will be kept for 6 weeks after the fitting, after which it will be destroyed; therefore, it is important that any problems be identified right away.

Thank you,

The Ortho Dynamics team