

## Wrist Hand Orthosis (WHO) Care and Use Instructions

A Wrist Hand Orthosis (WHO), might also be called a wrist or hand brace. It is custom fit or molded and used to support weak muscles and immobilize or limit the motion of joints. You may require some or all of these functions. These braces may be made of thermoplastic, canvas, metal or a combination of these materials.

### How To Use Your Wrist Hand Orthosis

- If your brace is made from thermoplastic material, you will need to wear a cotton sock between your skin and the brace. Your orthotist may have provided you with a special sock to wear. A sock will absorb perspiration and help protect your skin.
- Check your wrist and hand for any red pressure areas when you remove the brace. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or who have poor sensation.
- Do not become discouraged if you feel an adjustment if needed. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

### How to Care for Your Wrist Hand Orthosis

- Clean the thermoplastic sections at least once a week using mild soap, and rinse well to remove soap residue.
- Follow any washing instructions on the tag sewn into a canvas brace.

### Important Notes

A Wrist Hand Orthosis is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Please call and schedule an appointment if any unexpected problems occur.

### Special Instructions (if Applicable)

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