

# How to keep your X-LITE® Splint clean, neat and hygienic.

In times with extra focus on infection prevention and recommendations of frequent hand washing you need to be extra careful with cleaning your splint, especially if you wear it during daytime. **We recommend washing your splint once a day to keep it clean and hygienic.**



Fill a tub with lukewarm water, add some gentle hand or dish soap. Close the Velcro straps on the splint.



Use your hands to create a foam in the water and immerse your splint into the tub.



Rub it gently for 30-60 seconds. You can use a soft brush (e.g. toothbrush) to clean the small holes in the material.



Rinse the splint thoroughly in cold water.



Pat the splint dry with a clean towel. Do not try to dry it faster in a hot setting or with a Hairdryer and hot air, since this might turn the material soft and change the shape. You can use a Hairdryer with cold air, especially for a splint made of X-LITE® Plus material, since the fabric will take longer to dry. Also be aware that the Velcro straps might take a little longer to dry.

*You can use common alcohol-based disinfectants to wipe your splint in between washing. Some products might contain other substances, so we recommend you test a small area first. When wearing your splint outside of home or for work try to wear a glove or something similar to protect it. If you wear a non-removable X-LITE® cast, we recommend you protect it in the same way. You can wipe it daily with a soft cloth soaked in soapy water.*