

# Carrot Orthosis

Physiotherapy & Occupational Therapy

## Who is this leaflet for?

This leaflet is for patients who have been given a splint known as a Carrot Orthosis. It explains how to use the splint, how to care for it and what to do if you have any problems.

## What is my splint for?

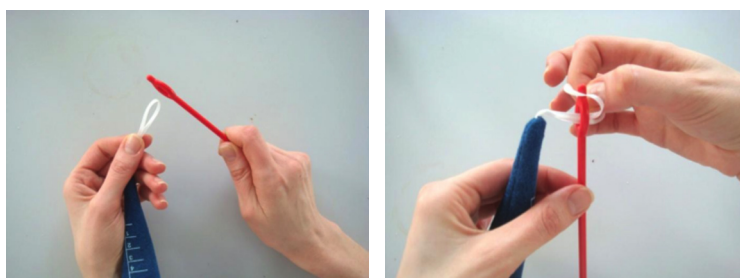
- To prevent your fingers from digging into your palm.
- To prevent skin damage and prevent further deformity.

## How do I apply it?

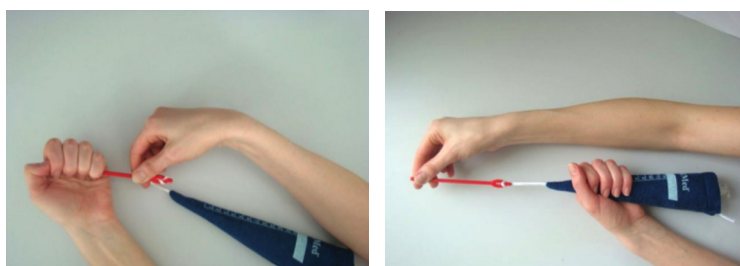
The carrot can be applied in different ways, depending on the severity of the contracture (tightness) in your hand.

### Using the Placement wand (red in the picture):

1. Thread loop at end of carrot cover (blue in the picture) through eye of placement wand, as shown below



2. Gently slide placement wand and attached carrot cover through your clenched fist, as shown below. Continue to pull gently until resistance is felt. No discomfort should be experienced; discomfort is an indication that the carrot is inserted too far



**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

3. To inflate the carrot, insert the clear tip of the Inflator Bulb (black in the picture) into the open valve of the carrot. Gently inflate the carrot to desired diameter. 2 – 3 squeezes of the bulb are sufficient to fully inflate the carrot. **Do not over inflate. Following inflation of the carrot splint, remove the bulb.**



4. To deflate the carrot, open carrot valve and insert black tip of the Inflator Bulb until carrot deflates



## When should I wear my splint?

You should wear your splint at the following times

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## How should I care for my hand and the splint?

- If the device rubs, causes pain, or leaves red marks that last more than 15 minutes, do not wear it and contact your therapist
- Make sure your hand is thoroughly washed and dried daily. Check that the splint is not rubbing and the skin is not breaking down
- Please ensure finger nails are kept short with no rough edges to prevent them digging into the palm of the hand
- Wash cover between each use - hand wash in mild detergent. Air-dry. Do not tumble dry

## Will I receive splint check appointments?

- It is important to have your splint checked at regular intervals to ensure it still fits correctly
- If your splint requires attention (i.e. it is damaged) before your review appointments, please let us know immediately by phoning the number below
- If you cannot keep your appointment please let us know at least 24 hours beforehand
- If you miss an appointment and do not contact us, we must recommend that you discontinue wearing your splint. We will discharge you from our department and will notify your doctor

## Who should I contact if I have any concerns or questions about this splint?

If you have any concerns or queries about any aspect of using this splint, please speak to your therapist.

Name of therapist:.....

Contact telephone number:.....

Out of Hours / Emergency contact instructions: .....

.....

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**Remember to bring your splint(s) with you when you come for your appointment check-ups.**

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。