

Thumb Spicas

Information for patients

These are special bandages designed to support and protect your injured thumb.

They should be left on for seven to ten days or as instructed by the nurse/doctor, they can then be removed by initially soaking and cutting the strapping around the wrist and gently peeling off. Please keep this bandage dry as it may become uncomfortable or irritate when wet. **Please inform the nurse if you are allergic to Elastoplast.**

Any pain and swelling of your thumb may be reduced by taking painkillers and by elevating the affected hand either in a sling or by resting it on the opposite shoulder.