



## Heating & Fitting Thermoplastic Products

**READ!**

*Thermoplastic splints will not fit or function properly until heated and formed to the patient. Issues with the size or fit of the splint cannot be determined until it has been properly heated and formed.*

- **REMOVE ALL METAL STAYS** from pockets (if applicable).
- Position any Vecro straps so they are not covering the thermoplastic.
- Heat the product in a microwave using **10-second intervals** and repositioning each time until the thermoplastic is pliable enough to fully conform to the patient. Heating intervals will vary. Four to five is typical.

### IMPORTANT STEPS:

- Use only **10-SECOND INTERVALS**. Any more and the thermoplastic **WILL BURN**.
- Check and turn over the product each time.
- Do not leave the microwave unattended while heating.
- When heating is complete, check inside of splint to be sure there are no **HOT SPOTS** before applying splint to patient. Take extra caution with the sensitive skin of infants and children.
- Reinsert metal stays (if applicable) and apply splint to patient.
- Keep patient in desired position until stay cools and hardens. An ice bag may be used to accelerate cooling of the stay.
- Once set, remove from patient and allow 15 minutes to completely harden.
- If the correct fit is not obtained, remove the product and repeat above procedures or spot treat specific areas with an iron set to medium.

*Heating may also be performed using an iron on medium (steam OK), hydrocollator or hot water (185°F).*



See an instructional video: [www.benik.com/therm-heating](http://www.benik.com/therm-heating)