



BREATHABLE | LIGHTWEIGHT | BIODEGRADABLE

## X-LITE® SPLINT DISPOSAL HOW TO GUIDE



### About your splint:

- Your splint or cast has been made from X-Lite®. It is an environmentally friendly, biodegradable, low temperature thermoplastic material. It is the only cast/splint material made from a pure cotton base, impregnated with a non-toxic, safe polymer.



### Help the environment:

- Your X-Lite® splint or cast can be disposed of in an environmentally safe way. You can dispose of it within your compost bin or it can be buried under soil in your garden. It will slowly disintegrate into water and carbon dioxide.

### How to dispose of X-Lite® in an environmentally friendly way:

1

Remove all attachments (hook, straps, padding) and discard of these in your normal household waste. If you find it difficult to peel off the hook, run the splint and hook under warm water to soften, this should make it easier to peel off.

2

Cut the splint into small pieces. To do this, first soften the material by running it under warm water, then use scissors to cut it. Ensure the water does not get too hot - be careful not to burn your skin or cause injury.

3

Dispose of your used X-Lite® splint or cast into your compost bin.



If you do not want to compost your used X-Lite® splint or cast, you can safely dispose of it with your household waste. This will disintegrate within landfill in the same way it does when used as compost.

*Please note: your splint should not be placed in your plastics recycling bin as it is not plastic.*



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## CLEANING YOUR X-LITE® SPLINT HOW TO GUIDE

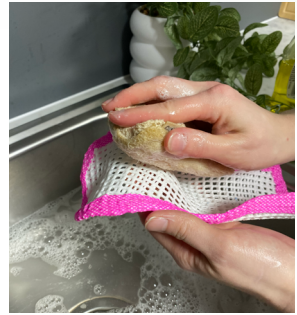
We recommend washing your splint regularly to keep it clean and hygienic. It's easy to keep your splint clean, simply follow the steps below:



- 1** Fill a tub with lukewarm water and gentle hand or dish soap. Close the Velcro straps on the splint.



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



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



- 4** Rinse the splint thoroughly in cold water.



- 5** Pat the splint dry with a clean towel. Do not try to dry it faster in a hot setting with a hairdryer (you can use the cold setting) since this might make the material soft and change the shape. Be aware that Velcro straps and the fabric layer of X-Lite® Plus will take 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.*