

# SMILE SPLINTS

Smile Splints help to keep our patients from pulling at their stitches in the crucial 24 hours following surgery. These comfortable splints are placed on the child's elbows. The tongue depressors inside keep the child from bending either arm and touching their face or stitches.

Donations of boxes of adult tongue depressors or jumbo wood craft sticks (must be 6" long and  $\frac{3}{4}$ " wide) are needed and can be sent along with the arm bands.



## Materials

- $\frac{1}{2}$  yard of lightweight fabric\*
- 66" of hem tape or grosgrain ribbon
- Shears or scissors
- Sewing machine
- Thread
- Sewing pins
- Tongue depressors (6" x 1.06" size, wood)\*\*

\* Please use cotton, cotton/blend materials in fun bright colors and prints. We cannot accept religious, war or gun-themed prints.

\*\* Smaller popsicle size sticks (4.5" long,  $\frac{3}{8}$ " wide) will not work for Smile Splints.

## Instructions

1. Cut a 10" x 15" fabric rectangle according to the pattern.
2. Hem or serge to create a  $\frac{1}{2}$ " finished edge on all sides of the arm band.
3. Fold up 5" and pin in place.
4. Across the fold, mark 9, 1" deep pockets to hold tongue depressors.
5. Stitch the length of each pocket.
6. Cut 3, 22" lengths of ribbon or hemming tape.
7. Fold tie in half, and pin to one side of the arm band, equal distance apart.
8. At the center point where pinned to the arm band, stitch ribbon in place.
9. If you would like to insert tongue depressors/jumbo craft sticks, please ensure there is a stick in the farthest end slots, and then one in every other spot (see photo above for reference).