

SMILE SPLINTS

Priority Level: MEDIUM

(Formerly No-No Armbands)

Smile Splints (formerly No-No Armbands) help to keep our cleft palate patients from pulling at their stitches in the crucial 24 hours following surgery. These comfortable splints are placed on the elbow of the patient, and the tongue depressors inside keep the patient 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 3/4" wide) are needed and can be sent along with the arm bands.

To request a copy of this pattern, or if you have any other questions, please contact Operation Smile at communityrelations@operationsmile.org, or 1-888-677-6453.

Materials

- 1/2 yard of light weight fabric
- 66" of hem tape or grosgrain ribbon
- Shears or scissors
- Sewing machine
- Thread
- Sewing pins
- Tongue depressors (to insert as splint)

Note:

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



Instructions

1. Cut a 10" x 15" fabric rectangle according to the pattern.
2. Hem or serge to create a 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 insure there is a stick in the farthest end slots, and then one in every other spot (please note the photo above for reference).

Please Note: Popsicle size sticks (4.5" long, 3/8" wide) are not acceptable for Smile Splints.