Arm Sling Use

The arm sling keeps the injured arm raised up. This helps reduce pain and swelling.

HOME CARE INSTRUCTIONS

- Adjust the sling to keep your forearm level and comfortable.
- Make sure that the hand of the injured arm does not droop down. That could stretch some nerves in the wrist.
- Support your hand in the sling if possible.
- Let your caregiver know if you have any problems.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have an increase in bruising, swelling, or pain in the area of your injury
- You notice a blue color of or coldness in your fingers.
- Pain relief is not obtained with medications or any of your problems are getting worse.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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