Arm Sling Use

A sling is used to:
- Limit how much your arm moves.
- Make you more comfortable.
- Support your arm.

The sling fits well if:
- Your elbow rests in the bottom and corner pocket.
- Only your fingers show at the opening. Your wrist should fit inside and be supported by the sling.
- The strap goes around your shoulder or neck for support.
- Your arm is fairly level with your hand, slightly higher than your elbow.

HOME CARE

- Adjust the sling to keep the hand inside. Slings tend to slip, making the elbow point up. Tug the elbow back into place.
- If it is okay with your doctor, you may take the sling off when going to sleep.
- The fingers should feel warm and be a normal color.
- Try to keep the palm of the hand toward the body while wearing the sling.
- Use an extra pillow at night to protect the arm. Slide the arm between a pillow and the cover.
- Follow your doctor's instructions about taking a bath or shower.
- Only take medicine as told by your doctor.

GET HELP IF:

- The fingers turn cold or start to tingle.
- The arm pain gets worse.
- The pain is not helped by medicine or by adjusting the sling.

MAKE SURE YOU:

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

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