

Contact details

If you have you any other questions or problems please contact the A&E Department.

Telephone: 01483 571122 ext 2206 / 2207

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

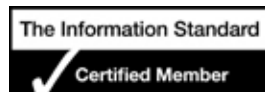
Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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High arm sling advice

Accident and Emergency Department



Patient information leaflet

How do I apply a high arm sling?

1. Sit comfortably.
 2. Hold your affected arm across your chest so that your fingers point towards the opposite shoulder.
 3. Lay the bandage over your arm (see Figure 1) with point C covering your hand and point A well beyond the elbow.
 4. Steady your arm, tuck the long side of the bandage well under the arm and forearm (see Figure 2, point B).
 5. Tie on the injured shoulder.
 6. Fold point A at the elbow and secure with a pin.
- For your personal safety, remove sling at bedtime.

How long do I wear the sling for?

Wear the sling for as long as the doctor or nurse advises you.

Reference

www.patient.co.uk

Figure 1

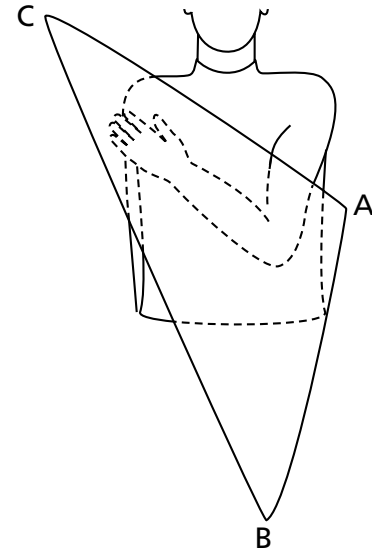


Figure 2

