

Contact details

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

Telephone: 01483 571122 ext 2206

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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The Information Standard



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Royal Surrey
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Collar and cuff sling

Accident and Emergency Department



Patient information leaflet

What is a collar and cuff sling used for?

You have broken a bone in your upper arm or shoulder. To allow the bones to mend correctly it is important that you follow the advice below.

- The Nursing staff will apply the sling under your clothes. Please leave it as we have put it on. Once removed it is difficult to reapply correctly.
- You should wear the sling day and night.
- Your elbow should be lower than your wrist.
- If your hand or fingers become blue, white or swollen please contact us immediately on the hospital number.
- Your fingers and wrist should be exercised several times a day as much as the sling allows.
- Wash underarms using minimal movement.
- Do not replace any rings or jewellery on the affected hand until the injury is healed.

What should I look out for?

- You may need painkillers to relieve the pain during the first few days. These could be over the counter medicines such as Ibuprofen, Paracetamol or Co-codamol. Please take the painkillers as advised/prescribed by the doctor or nurse.
- You will be seen in the Fracture Clinic at the next available appointment.
- If your arm becomes numb or very discoloured (some bruising is expected), please contact the hospital.

Reference source

Mr Pontin A&E Consultant