

Broad Arm Sling

Information for parents and carers

Your child has been given a Broad Arm Sling after an injury. This leaflet will hopefully answer all your questions about how to put on and look after your sling. If you have any questions, please speak to a member of the Emergency Department team.

Why your child needs a broad arm sling

A broad arm sling is used to help support and protect injured shoulders, arms, wrists and hands after an injury. It can be worn over or under clothes.

How to apply the sling

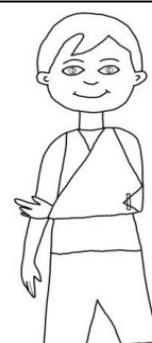
1. Place the injured arm across the body with the sling underneath. Position the point of the sling to the elbow.



2. Fold the bottom corner up over the opposite shoulder and tie the ends of the sling comfortably behind the neck.



3. Gather the loose material at the elbow and secure it with tape.



How to care for your child's arm and sling

- Keep the sling clean and dry.
- Remove the sling at night as it is not safe to sleep in.
- The arm can be placed on a pillow overnight to keep it raised.
- When dressing, put clothes on the injured arm first, and take them out of clothes last.

If there is any change in the colour of the arm, or numbness in your child's fingers, come back to the Emergency Department to have it checked.

You should have been given advice on how long to wear the sling. For most injuries we advise 1-2 weeks. If you feel after this time your child is still struggling with pain or difficulty with movement, you should call 0131 312 0007/0008 to make an appointment for a review.