

PERIOPERATIVE SERVICES

Information on Use of Slings

- Some patients are given a sling for support of the arm or shoulder and for promotion of healing.
- A pillow can be used for extra support while sleeping.
- A sponge bath as opposed to a shower or regular bath may be more convenient while wearing a sling so as not to get the appliance wet.

Wearing the sling

- The purpose of the sling is to allow the arm to rest, keep shoulder muscles loose and relaxed, and provide comfort.
- When seated, loosen the strap around your neck and allow your arm to rest comfortably on your lap to help avoid neck discomfort.
- Your Doctor will tell you how long you need to continue to wear your sling. This could be up to 8 weeks.

Putting on the sling:

1. Relax the affected (your operated/injured arm) on your lap or hold it close to your stomach. Lay the sling on your lap with the opening toward you and the closed, curved elbow end toward your surgical side. Make sure the straps are attached to this end only.



2. Using your unaffected (non-operated/uninjured arm), gently bring the sling over your other hand and forearm until your elbow fits snugly into the closed end. Gently adjust the sling upward to take up the slack. Place your thumb into the thumb loop.



3. Place the strap around your upper back and over the opposite shoulder. Secure the end of the strap into the top ring of the sling. Adjust the strap until your forearm is horizontal. **Your operated/injured arm/hand should not be hanging down.**



4. **If instructed by your Doctor,** place the waist strap around your waist and secure it to the lower ring on the sling. This should be comfortable; not tight.

