

High arm slings

This is basic advice on how to look after the high arm sling your child has been given. If you have any questions, please speak to the doctor or nurse looking after your child.

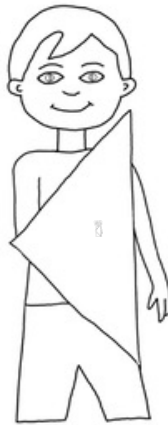
Why your child needs a high arm sling

A high arm sling is used to support, protect and reduce movement to injured shoulders, arms and hands. Keeping the arm in a raised (elevated) position also helps to reduce swelling and pain to injured hands and fingers.

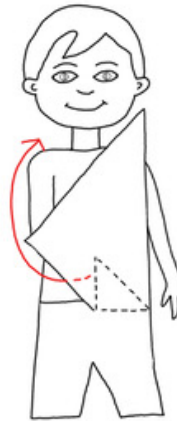
How to make a high arm sling



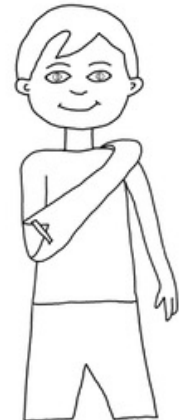
- 1 Raise injured arm, with hand on opposite shoulder.



- 2 Place the sling on top of arm with the point towards the elbow.



- 3 Tuck the bottom corner up under the arm and tie the ends comfortably behind the back.



- 4 Gather loose material at the elbow and secure with safety pin or 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 (A&E) to have it checked.

NHS 111

NHS 111 is a telephone service that offers support and advice 24 hours a day. Please call 111 if you have concerns about your child's health. A fully trained advisor will direct you to appropriate resources or services.

Leaflet number: 5196/VER1

Date published: June 2021 Review date: June 2024

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A list of sources is available on request