

Living with a Sling



If someone is fitting the sling for you, support your operated arm with your elbow at a right angle using your unoperated arm. Slide the sling in from behind so that your elbow fits exactly into the corner.

If fitting the sling without assistance, ensure that you are seated, with your elbow bent to 90 degrees and supported on a pillow. Slide the sling in beneath your arm until your elbow fits closely into the back of the sling.

Take the shoulder strap over the place it through the wider 'D' ring strap back onto itself so that your degree angle



opposite shoulder and on the top side. Attach the elbow is supported at a 90

If you are wearing a body belt, through the thinner 'D' ring on the itself with the velcro tab.

place the thinner strap bottom and attach it onto



Take the body belt around your back and attach it over the front of the elbow section of the sling.

Adjust it so that your arm is held comfortably against your body.

It is important during your recovery that you release the sling to

move your elbow, wrist and



hand.

This should be done 4 times Consultant or Physiotherapist these joints. If you are not allowed to do so, please ask physiotherapist.

per day as guided by your to help prevent stiffness of sure whether you are your consultant or

1. Washing:

You might need help in the first 3 weeks to wash, especially your unaffected arm as you cannot use your operated arm to do this. You may lean forward and clean



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under your arm using a wetwipe/cloth if you do not have assistance (as pictured).

It may be possible to use a shower over a bath but remember to keep the surgical wounds dry and protected whilst washing unless you're told otherwise by your Consultant.

2. Dressing:

You will find it easier to wear loose or front opening clothes (button up/Velcro). Always dress your operated arm first.

Sit or stand with your arm 'hanging' by your side. Slide your **operated** arm into the top/shirt first using your **unaffected** arm letting your affected arm hang loose at all times. Next bring the top/shirt around your back and put the other arm in. Buttons/Velcro must be fastened only with your unaffected arm.

Once you have your top/shirt on, you must replace the sling.

3. Light Activities:

For the first 3 weeks after your operation, you will feed yourself with your **unaffected** hand only. After this time you may return to using both hands as long as it is cleared by your consultant.

You must only use your unoperated arm for cooking/cleaning for the first 6 weeks. You must avoid heavy lifting for 12 weeks as guided by your Consultant and Physiotherapist.

Light housework may resume after 6 weeks. More strenuous housework should be avoided until 3 months after your operation.

4. Transferring/Stairs:

Getting in and out of a chair/bath/bed or using the stairs etc. you must only use your unoperated arm for support. This will be for at least 6 weeks or guided by your Consultant

5. Sleeping:

For 6 weeks your sling should be kept on while you are in bed. You may find it more comfortable to support your operated arm with a pillow under your upper arm and elbow while you sleep on your back.

ICE BAND

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It's recommend that for maximum benefit you use the ICEBand:

Day 1-7 after surgery

Apply for 15 – 20 minutes at a time every 2 hours

Days 8-21 - After physiotherapy sessions and when

required.

We advise you DO NOT place the ice directly on your skin.

You should remove the ICEBand when remove the gel pads to put in the freezer. The gel pads should be stored



gel pads

you are to

flat in the

freezer



You should monitor your skin condition to ensure you don't get any ice-burn and use a cloth between the ICE Band and your skin if required.