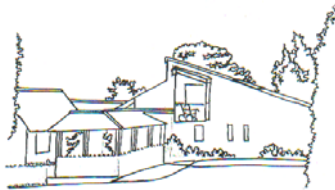


- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.

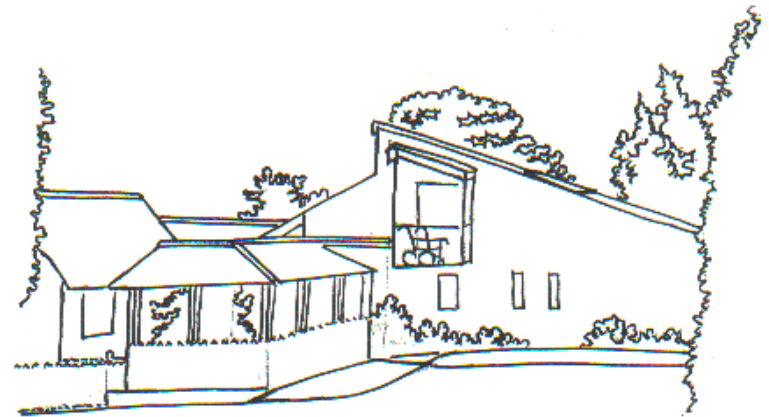


Laurel Bank Surgery
Malpas
Cheshire SY14 8PS



Phone: 01948 860205
Fax: 01948 860142

**AFTER-CARE ADVICE ON
CARE OF YOUR ARM SLING**
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS



Tel: 01948 860205

Fax: 01948 860142



Care of Your Arm in a Sling

If you are advised to wear a sling, it would help to follow these few guidelines:

The aim is to rest your shoulder and arm from normal strain but you must try to ensure that it does not become stiff and swollen.

- ⇒ Remove the sling at night and support your arm on a pillow



Care of Your Arm in a Sling

- ⇒ Remove the sling each half hour and exercise your hand, arm and shoulder joints for a few minutes at a time - it is important to keep your fingers moving
- ⇒ Remove your arm from the sling when resting and elevate on a cushion
- ⇒ Ensure that your hand is inside the sling and is higher than your elbow
- ⇒ Don't wear the sling for more than 2 days unless instructed to do so.