

## **ADVICE FOR PARENTS**

# **Sling Collar And Cuff or Actimove**

**Paediatric A&E**

You have been given a special sling to help treat your injured arm/hand.

- X** Do not sleep in this sling – always remove it at night.
- ✓ Keep wearing your sling for the amount of time the Doctor advised.
- ✓ Take painkillers such as Paracetamol and/or Ibuprofen (both available from your chemist or supermarket).
- ✓ Support your injured limb by elevating it on a pillow/cushion when not wearing your sling.
- ✓ If you are concerned about your condition or if your condition worsens, consult your Healthcare Professional.

**It is important to take your arm/hand out of the sling and exercise it every hour.**

**This will prevent your shoulder, elbow and fingers from becoming stiff.**

**A&E Telephone: 01695 656674  
NHS 111**

*Please retain this leaflet for future reference*

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](http://southportandormskirk.nhs.uk/FFT)  
**Thank you**

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Ref: 10/58

Paediatric A&E Advice Card 13

Version: 2

Reviewed: September 2021

Next Review: September 2024