



Southport and  
Ormskirk Hospital  
NHS Trust

## **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**

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Tel: (01695) 577111

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**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](https://southportandormskirk.nhs.uk/FFT)

**Thank you**

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