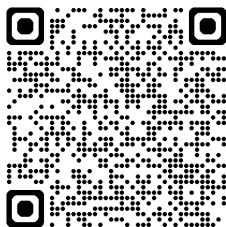


High Arm Sling Leaflet



Information for people attending the Minor Injury Unit

Telephone: 0300 125 6800 (Yate MIU) | 01275 546852
(North Somerset MIU) | 0300 124 6260 (Bristol MIU)



Scan the QR code to view the MIU page on the Sirona care and health website.

High Arm Sling

Following your visit to the Minor Injury Unit (MIU) you have been given a high arm sling. This will help you to rest your injured hand and to reduce swelling. Swelling causes pain and stiffness and elevation helps to prevent this.

Unless you have been told otherwise you should take this sling off when going to bed, and when washing and dressing. Before taking it off to do these activities, note how it is fitted – this might help you when you put it back on.

When you are in bed, try to raise your hand on some pillows.

When you wake up in the morning you should put your sling back on.

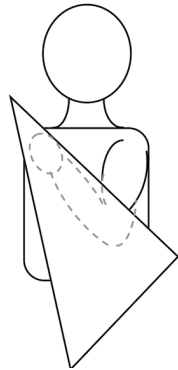
But you should take the sling off every three to four hours and move your shoulder, elbow, wrist and fingers to avoid them getting stiff. It is very important to move your fingers as much as the pain will let you.

You should wear the sling for one to two days unless you have been told otherwise.

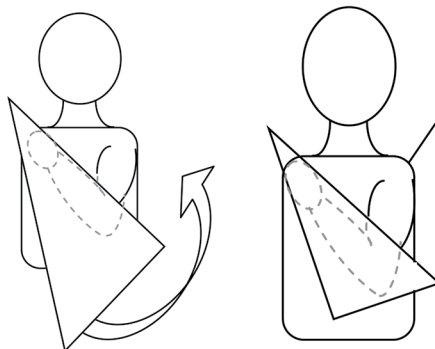
Do not wear any rings until your hand is back to its normal size.

How To Put on Your High Arm Sling On

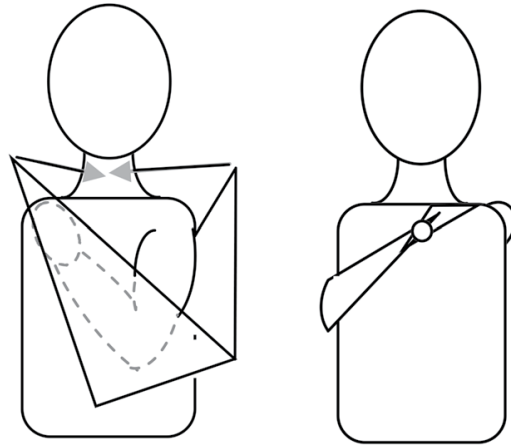
1. Place injured hand up to opposite shoulder. Lay the sling over the arm as shown with the longest side hanging down.



2. Tuck the bottom corner up and under the injured arm so it looks like Fig 3.



3. Take the two ends behind the neck and tie in a bow.



Wear the sling for as long as you have been advised. For your personal safety. Remove sling before bedtime unless directed otherwise by the clinician.

Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.

For less urgent health needs, contact your GP or local pharmacist in the usual way.

Contact us

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our Specialist Urgent Care Clinicians, who are fully trained in both adult and pediatric care.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

South Bristol Urgent Treatment Centre

Minor injuries and illnesses
Open 8am-8pm, 7 days a week
South Bristol NHS Community Hospital
Hengrove Promenade
Hengrove, Bristol BS14 0DE
T: 0300 124 6260

Yate Minor Injury Unit

Minor injuries only

Open 8am-8pm, 7 days a week
Yate West Gate Centre
21 West Walk, Yate BS37 4AX
T: 0300 125 6800

Clevedon Minor Injury Unit

Minor injuries only
Open 8am-8pm, 7 days a week
North Somerset Community Hospital, Old Street,
Clevedon BS21 6BS
T: 01275 546852

**We want you and the people who help you to understand what we send.
If you need help with this letter or leaflet, please tell us.**

We can help with larger print, audio (a message to listen to), Easy read,
British Sign Language or this information in another language.



**You can phone us on 0300 125 6800 (Yate MIU) | 01275
546852 (North Somerset MIU) | 0300 124 6260 (Bristol MIU)**

Please scan the QR code to listen to an audio version of this
statement.

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Siona care & health CIC, Badminton Rd Office, 2nd Floor, Badminton Rd,
Yate, BS37 5AF



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