

Postoperative Sling Instructions

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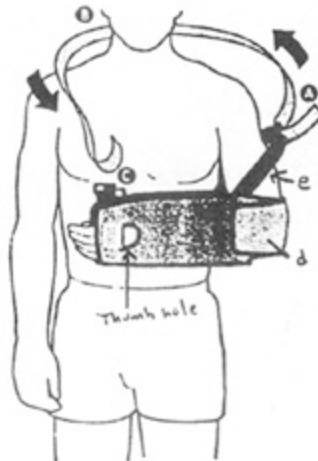
POSTOPERATIVE SHOULDER SLING INSTRUCTIONS

Dr. Arntson has given you the “Ultrasling” shoulder sling to wear during your recovery. It will be important for you to wear this sling as Dr. Arntson has prescribed. You will need to know how to remove your sling for bathing and exercising. This sheet will give you safe and basic instructions on how to remove your sling.

Your sling has 3 pieces, a strap (for around the neck), a pillow, and a sling to support your arm. While you are in your sling, your arm should be level with the ground. The pillow should rest on your hip. Your wrist should also be supported IN the sling.

Removing the Sling

First, unfasten the neck strap. Next unfasten the strap around your waist. The strap round your waist has a buckle fastener that unlocks like a seat belt. Lastly, open the top of the sling (Velcro) to remove your arm. Allow your elbow to straighten but keep your arm at your side. Expect your elbow to be stiff and maybe sore. You can remove your sling for bathing and elbow/wrist exercises.



Replacing Your Sling

First replace the pillow and strap around your waist. Position the pillow at about 45 degrees over your waist and fasten the buckle. Next place your arm in the sling putting your elbow in first. Bring the strap behind your neck and put the strap through the loops in the front. Secure the Velcro at the top of the sling.



Removing the Pillow

Dr. Arntson will instruct you when you can remove your pillow. Your pillow is attached to your sling with Velcro. After Dr. Arntson has given you the OK, you can remove the pillow from the sling. After the pillow is removed, you will continue to wear your sling as instructed. You can keep or discard the pillow.

Any questions please call our office.