

COLLAR "n" CUFF SLING

Purpose:

Collar 'n' cuff can be used in the treatment of shoulder/proximal humerus fracture injuries. It can be used to support your forearm and elbow. Your nurse will advise you on the specific aims of your treatment.

Application:

- ✓ Place your hand through the small opening
- ✓ Place your head through the large opening
- ✓ The sling should support your wrist. Never let your hand hang down as this may cause nerve damage.

Wearing your Collar 'N' Cuff:

Your nurse will advise you when to wear your collar 'n' cuff. You should wear your collar 'n' cuff to help support your arm and shoulder when doing activities which could cause your arm to be knocked or overused or as otherwise directed.

Unless otherwise directed, do not wear your collar 'n' cuff all the time as this can weaken your muscles.

Cleaning your Collar 'N' Cuff:

- ✓ Hand wash the collar 'n' cuff in warm soapy water
- ✓ Dry the collar 'n' cuff thoroughly before wearing
- ✓ Do not dry your collar 'n' cuff on a radiator, in direct sunlight or in a tumble dryer.

General Safety:

- ✓ Do not let anybody else use your collar 'n' cuff.
- ✓ Remove your collar 'n' cuff before you go to bed each night.
- ✓ Regularly clean your collar 'n' cuff as directed above.
- ✓ Do not wear nail varnish, rings or other jewellery until the injury is healed as your fingers may swell.
- ✓ Remove the collar 'n' cuff to wash the armpit area and arm regularly.
- ✓ With caution, exercise the limb regularly to maintain good circulation.
- ✓ **Check for:**
- ✓ Blue or white colour change of your hand or fingers
- ✓ Numbness or 'pins and needles' of your hand or fingers
- ✓ Any signs of wear or damage to the collar 'n' cuff
- ✓ Breaks in the skin or blisters caused by the collar 'n' cuff
- ✓ Redness, soreness or swelling of the skin around the collar 'n' cuff
- ✓ Increased pain whilst wearing the collar 'n' cuff

If you notice any changes remove the collar 'n' cuff and report it to the clinic so that the appropriate action can be taken.