

Slings and Bandages

Emergency Department

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

Following your visit to the emergency department, a clinician has decided a sling or bandage needs to be applied. This leaflet will give you further information about this treatment.

What are the different types of slings used?

Types of slings

Slings are used to provide support and protect your injured arms, wrists and hands. There are two types:

- a. The broad arm sling
- b. The high arm sling

Broad Arm Sling

A broad arm sling is usually used if you have injured your arm or sometimes your chest. When correctly applied, the hand should be slightly higher than the elbow. The base of the sling should lie at the root of the little finger, leaving the fingernails exposed.



High Arm Sling

A high arm sling is usually used in shoulder and complicated injuries to support the hand and forearm in a well-raised position to minimise swelling and bleeding.



Reef Knot

Always tie the ends of a sling with a reef knot; because it lies flat, it will not slip and is easy to untie. Make sure the knot does not press onto a bone or into the skin at the back of the neck.



What are the different types of bandages used?

Types of Bandages

Bandages are used to maintain direct pressure over a dressing to control bleeding, hold dressings or splints in position, provide support for a limb or joint and, occasionally, restrict movement.

They should be firm enough to hold the dressing in position, control bleeding or prevent movement, but not so tight as to interfere with circulation.

Bandages should be checked frequently to make sure they are not becoming too tight as the tissues swell. They should be applied evenly to prevent swelling at either end of the bandage.

What should you do if swelling occurs?

- Remove rings and other tight objects as soon as possible, as swelling often occurs
- Rest and elevate the affected limb above the level of your heart if it is safe to do so, this will help reduce swelling
- Take the bandage off whilst washing.

What should you do if you experience numbness or discolouration, other than bruising?

Please loosen the bandage and return to either your General Practitioner (GP), the emergency department, or the walk-in Centre.

What should you avoid when reapplying a bandage

- It is important you do not double over the end like a sock when applying a bandage. You will not be able to see any changes to skin or see increased swelling
- Do not get the bandage wet. If you accidentally get it wet, remove the bandage and reapply a dry bandage. Spare bandages can be purchased from a pharmacy. If you are unable to do this, please see your GP practice nurse. You can also go to a walk-in centre or return to the emergency department.

How long do I need to wear a bandage?

This will be dependent on the injury, your clinician will advise you when the bandage is first applied.

Emergency Contact numbers

For general advice call NHS 111.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。