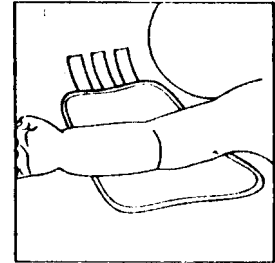


## Elbow Immobilizer (Restraint)

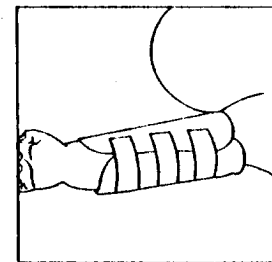
### Why is an elbow immobilizer needed?

- An elbow immobilizer can be used to protect your child's:
  - Surgical site.
  - IV.
  - Other medical equipment.
- It keeps your child from rubbing, grabbing or pulling on the area.
- It fits over the arm to keep the elbow from bending. It is made of a flexible plastic that is covered with a soft fabric. There are straps with Velcro® fasteners.



### How do I put it on my child?

1. Put the immobilizer under your child's arm. The widest edge should be closest to your child's shoulder. The elbow should be in the middle.
2. Wrap it around the arm.
3. Close the Velcro® straps.



### Important tips

- Make sure the immobilizer is not too tight. Your child's arm and fingers should:
  - Be pink in color.
  - Feel warm to touch.
- Check your child's arms for sores, redness or swelling at least two times a day.
- **If your child had surgery on the face or in the mouth, the immobilizers must be worn at all times.** Follow the directions given by your child's doctor.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.