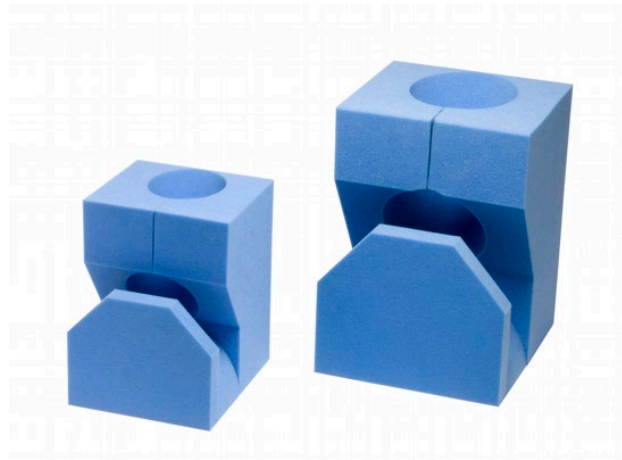


Carter Arm Pillow

CAP-2008



Instructions for use

✗ Blood that pools up in the hand can lead to increased swelling, pain, and recovery time.

A personal note from Peter R. Carter, M.D.
Inventor of the Carter Arm Pillow

Inflammation and pain naturally occur after any injury including upper limb fracture, surgery, or soft tissue trauma. Your body heals itself by increasing blood flow (which transfers oxygen and nutrients) to the effected area. If excess blood cannot return to the heart, then swelling, numbness, tingling, stiffness and/or severe pain occur. This is NOT natural and is preventable with proper elevation.

When blood can easily return to the heart, you eliminate unnecessary swelling, pain, and stiffness.

✓

The Carter Arm Pillow makes proper elevation simple!

Keep the affected arm in the pillow 24 hours a day until you are able to lower your hand below your heart without feeling any swelling or pain. If any of these symptoms return, simply re-elevate the arm.

✗ Improper elevation is when the elbow is kept below the shoulder and the hand below the heart. Blood does not have sufficient pressure to flow out of the hand and back to the heart.

✓ Proper elevation consists of keeping the hand and elbow continually positioned above the heart. This allows the blood to drain back to the heart via gravity.

ONLY YOU can prevent swelling and discomfort. Help your surgeon help you by being faithful about elevation