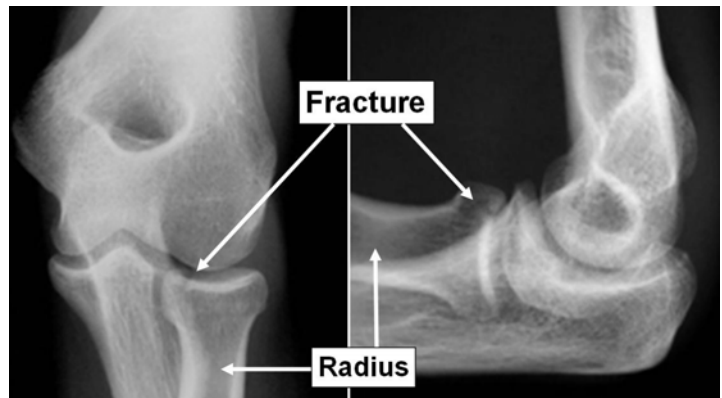


Advice for the care of your elbow fracture

You have sustained a very small break to one of the bones in your elbow (the radial head or neck).

These types of fractures are a common injury following direct trauma to the elbow or a fall on an outstretched hand.

These fractures almost always heal well with time and normal use of your elbow. No specific treatment is required so you will not need a follow-up appointment.



It is important that you follow the advice below.

Do

- ✓ Wear the sling which will support your elbow in a comfortable position for a few days.
- ✓ Wean yourself off using the sling as your pain settles and aim to completely remove the sling as soon as you feel able.
- ✓ Initially, you may require regular painkillers as it is important to keep gently moving the elbow and gradually resume daily activities within the limits of discomfort. This will prevent stiffness and ensure the quickest return to normal function.
- ✓ The pain usually reduces in 2-5 days. Following this, the pain will be less but may take from 3-6 weeks to go.
- ✓ Following initial healing of the fracture, you may have slightly reduced movement at the elbow, especially on straightening it, but this is unlikely to affect your function.

Don't

- ✗ Forcibly stretch your elbow as this is unnecessary, and is likely to cause pain and delay your recovery.

If you have any further questions, please contact the Fracture Clinic on the number overleaf.

Your x-rays will be reviewed by the orthopaedic team on You do not need to attend an appointment.

They will contact you after this only if there is any change to the advice given to you.

Contact us

If you have any worries or concerns following discharge from hospital, please contact the fracture clinic on 020 7188 9011 (9am-4.30pm, Monday to Friday).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748, 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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