

Patient Information

Trauma & Orthopaedics**Discharge Advice – Elbow (Radial Head/Neck) Fracture**

You have sustained a small break / fracture in the radial head or neck – one of the bones in your elbow.

- These fractures almost always heal well with time and light use – no specific treatment is required therefore routine follow-up is unnecessary.
- You will have been provided with a sling or collar and cuff to help hold your elbow in a comfortable position for a few days.
- You should gradually reduce the use of a sling / collar and cuff as your pain settles and aim to remove the sling completely as soon as you feel able.



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Painkillers

You should have been advised about painkillers. We recommend that you take these regularly for the first few days both for your comfort and to enable you to move your elbow. It is important to keep gently moving your elbow, wrist and hand and gradually resume daily activities within the limits of discomfort. This will reduce stiffness and ensure the quickest return to normal function.

- Forcible stretching is unnecessary, and is likely to cause pain and delay your recovery.
- Symptoms are usually minor, but may take up to 3-6 weeks to settle.

Should you have any worries or concerns following discharge from hospital, please contact:

Virtual Fracture Clinic Hotline: 024 7696 9237

(Monday to Friday 9am- 4pm)

Whilst the clinic is running, we are unable to take calls so leave a voicemail with your full name and number and you will receive a call back

For emergencies out of these hours please attend A&E.

Image sourced from 'Radial Head Fracture, Easy-to-Read' by Elsevier Patient Education

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact **024 7696 9237** and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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