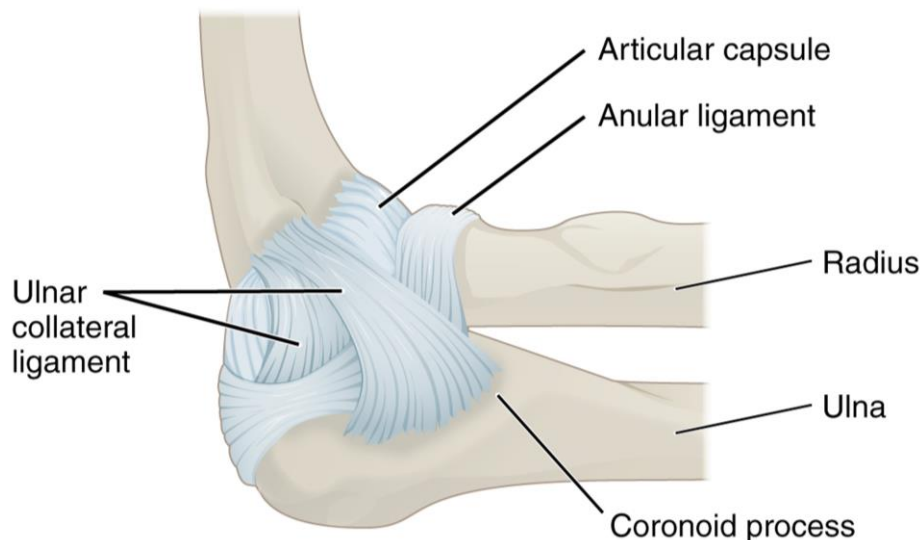




## Trauma and Orthopaedics

# Discharge advice - elbow (radial head or neck) fracture



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

- 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 or collar and cuff as your pain settles and aim to remove the sling completely as soon as you feel able.



## Patient Information

### 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 they may take up to 3 to 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 to 4pm)**

We are unable to take calls while our clinic is running, but you can leave a voicemail. Please leave a voicemail with your full name and number and we will return your call.

For emergencies outside of these hours, please attend A&E.

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.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service. Have your say. Scan the QR code or visit:  
[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



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#### Document History

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