

Radial Head/Neck Fracture

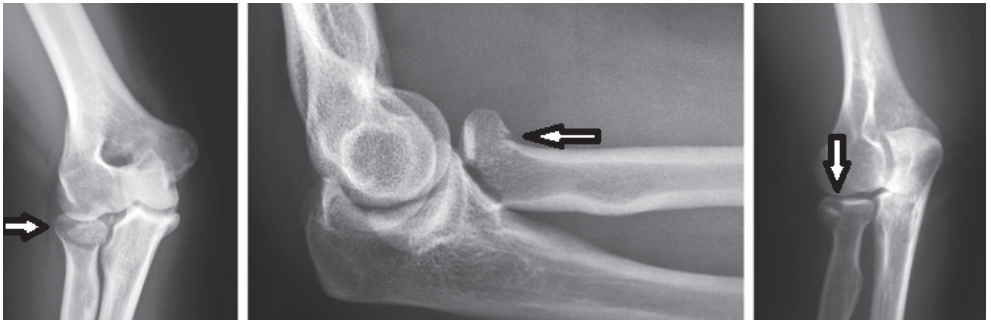
An information guide



Radial Head/Neck Fracture

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

You have been diagnosed with a small fracture (Break) to your Radial Head/neck. This is one of the bones in your Elbow.



- These fractures almost always heal well with time and usually – no specific treatment is required.
- A sling will be provided which will support and hold your arm in a comfortable position for a few days or longer if advised.
- We will advise you to wean yourself from using your sling within a period of time. Do this as your pain is settling. The aim is to remove your sling completely as soon as you feel able.
- It is important to keep gently moving the elbow and gradually resume daily activity within the limits of discomfort. This will prevent 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 3 to 6 weeks to settle.
- There may be slightly reduced movement at the elbow, especially on straightening it. This is unlikely to affect your daily function.

YOU ARE NOT ADVISED TO COMPRESS OR BANDAGE THE AFFECTED LIMB UNLESS ADVISED BY A CLINICIAN.

REST: For the next 24 to 48 hours rest your injured limb, keeping your elbow raised up (elevated). Keep gently moving your elbow as advised.

ICE: Apply Ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure the Ice or frozen peas is wrapped in cloth or a towel, ***DO NOT APPLY DIRECTLY TO SKIN*** as this could cause a burn.

ELEVATION: Raise your elbow when resting, try and elevate your elbow above the level of your heart. This will help reduce the swelling significantly. Continue to elevate as long as the swelling persists.

PAIN KILLERS:

- Take simple pain killers such as paracetamol and /or ibuprofen which can be purchased from a chemist or shop.
- Take medication according to manufacturer's instructions.

Follow up

There will be no routine follow up for patients with this type of injury and fracture. If after six weeks you are still experiencing

- Significant pain or swelling.
- Redness or heat.

Please contact your GP for further advice

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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