

# How to look after your Fractured Humerus

An information guide



# How to look after your Fractured Humerus

The humerus is the long bone in the upper arm and when broken it may be very painful. It needs very specialised care so that you can cope with the problems that may arise.

The break (fracture) may be treated by surgery or in a Collar 'n' Cuff (soft foam) sling and plaster. If treated in a sling and plaster then the following instructions apply:

- **NO** pillows under your elbow.
- **NO** resting your arm on a chair or table.
- **NO** lying flat in bed.
- **NO** putting your injured arm in the sleeve of your clothes just **allow. the arm to hang** whilst wearing the sling support.

Your arm will be very swollen and bruised for the first couple of weeks.

To help reduce the swelling and stiffness in your wrist and hand, you must keep them moving by rotating your wrist and clenching your hand into a fist and then stretching your fingers out.

A fractured humerus can be very mobile and you may **feel** or **hear** the bone moving in the plaster.

This is not unusual, but by allowing **your arm to hang** loosely from the shoulder, you can prevent this from happening.

Be aware that your balance may be seriously affected. Take greater care when walking about and especially when coming downstairs.

**Take your time.**

This is a painful injury, so take your painkillers regularly as prescribed by the doctor and remember to **let your arm hang** loosely.

If you are worried about your arm or the plaster, or you just need some advice, please contact the Plaster Room on the site where you were originally seen and someone will assist you.

**Fairfield General Hospital:**

Telephone Number: 0161 778 2896

Monday to Thursday 8:30am to 5:00pm, Friday 8:30am to 1:00pm

**Rochdale Infirmary:**

Telephone Number: 01706 517320

Monday to Thursday 8:30am to 5:00pm, Fridays 1:30pm to 5:00pm

**The Royal Oldham Hospital:**

Telephone Numbers: 0161 778 5988 or 0161 627 8886

Monday to Thursday 8:30am to 5:00pm, Fridays 8:30am to 1:00pm

**Keep your plaster dry** - No baths! No showers!

To wash the injured side, lean forward and let your arm swing forward from the shoulder. **DO NOT** lift your arm up. Use baby wipes or a well wrung-out face cloth.

**DO NOT** wear jewellery such as rings and bracelets on the affected arm as your fingers may swell up.

Your plaster is heavy, but it is supposed to be and you must adapt yourself and your lifestyle to accommodate this. When you go to bed, sleep well-supported, but sitting upright, using pillows to support you.

**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

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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**

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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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