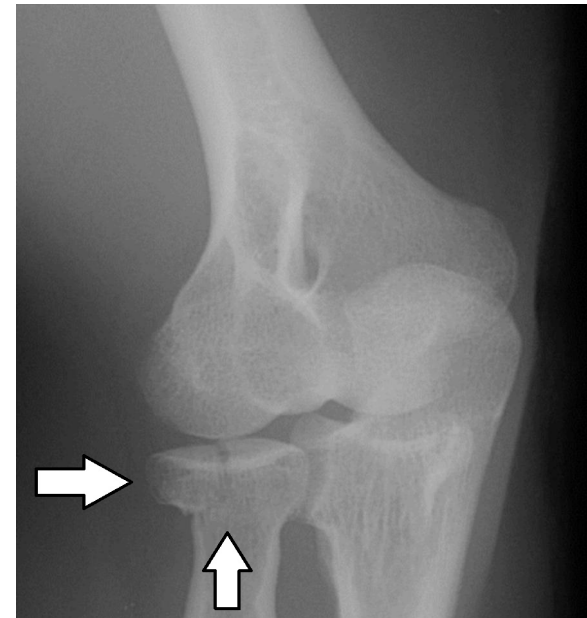


Radial Head/Neck Fracture



**ACCIDENT & EMERGENCY
DEPARTMENT DISCHARGE
ADVICE**

Radial Head and Neck Fracture:

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E) or Urgent Care Centre (UCC).

You have attended A&E as you have suffered an injury to your elbow. 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 3-6 weeks to settle.

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

REST: For the next 24-48 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 24-48 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 US FOR FURTHER ADVICE

There may be slightly reduced movement at the elbow, especially on straightening it. This is unlikely to affect your daily function.

If you notice any of the above or have any concerns please attend your local Accident & Emergency department.

**Fairfield General Hospital – 0161 778 2896 / 0161 778 2891
Rochdale Urgent Care Centre – 01706 517302 / 01706 517799
North Manchester General Hospital – 0161 720 3623 / 0161 720 2617**

**EMERGENCY DEPARTMENT
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