Orthopaedic Department

Taking care of your humeral fracture

You have broken the long bone between your shoulder and elbow. On moving this may be very painful and you may also have swelling around the elbow, forearm and hand.

The bone can take up to 3 months to heal. You may experience a grating sensation or shooting pains and although this is unpleasant it is normal and to be expected as the ends of the bones move. You will need to wear loose clothing, big T-shirts are ideal.

To wash under your arm you will need to sit and lean forward allowing your arm to swing out and use a damp flannel or wipes.

The following Dos and Don'ts are designed to help you.

- Do sleep propped up (sitting up is ideal), this allows the bone to hang in line.
- Do exercise your wrist and fingers to keep swelling under control.
- Do keep your arm under clothing, to prevent excessive movement of the bone – it may mean you cannot wear your normal clothes or underwear.
- Do keep the foam sling on at all times.
- Do ring the plaster room if you have a problem, the cast or brace becomes loose or if you are concerned.
- Don't rest you elbow on anything (chair arm, cushion, leg). The arm must hang and be unsupported at all times.
- Don't remove your foam sling, unless you have been asked to do so by the Doctor.
- Don't thread your arm through clothing.
- Don't get the cast wet (No Showers or Baths).
- Don't remove or tamper with the cast or brace.

If your cast or brace becomes loose, slips down or is causing you to be sore please ring Plaster Room and ask to speak to a technician.

If you have a change in the ability to move your hand or wrist on the affected side please telephone for advice.

Reference Chris Wardman Humeral Fractures 1995

If you experience any further problems to these, increased pain, swelling or a change in colour please seek advice from your G.P or telephone the department

Remember to Telephone First

The Plaster Room is open Monday to Friday
9.00 am to 4.30 pm
Huddersfield Royal Infirmary
Telephone No: 01484 342562
Calderdale Royal Infirmary
Telephone No: (01422) 222079

Out of hours
Accident and Emergency Department
Huddersfield Royal Infirmary
Telephone No: (01484) 342300
Calderdale Royal Infirmary
Telehone No: (01422) 222325

If you have any comments about this leaflet or the service you have received you can contact :

Orthopaedic Department

Huddersfield Royal Infirmary
Telephone (01484 342000)
or
Calderdale Royal Infirmary
Telephone (01422) 222079

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ہی معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"