

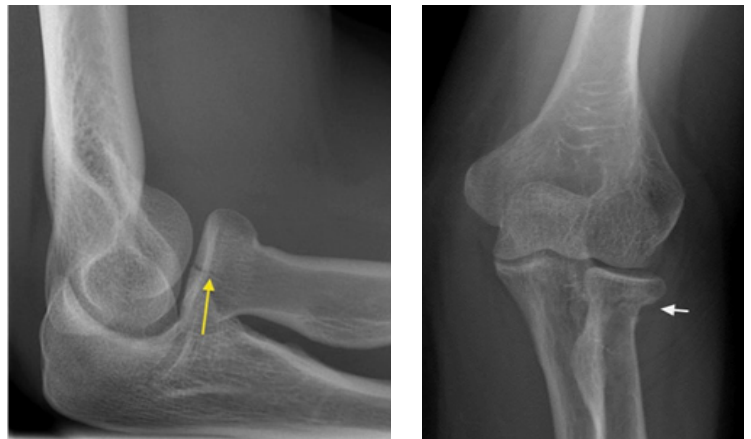
Discharge advice following a radial head or neck fracture of the elbow

Information for patients from the Emergency Department

What is my injury?

You have a very small break in the radial head or neck of one of the bones in your elbow.

These fractures almost always heal well with time and use; no specific treatment is needed.



*The arrows are pointing to the fracture

How is my injury treated?

A sling will hold your elbow in a comfortable position for a few days. You should wean yourself out of the sling as your pain settles. Aim to remove the sling completely as soon as you feel able.

To start with, you may need regular painkillers (such as paracetamol or ibuprofen) as it is important to keep gently moving your elbow. Slowly start your daily activities again depending on how comfortable you find them. This will prevent stiffness and make sure you return to normal as quickly as possible.

Forcible stretching is unnecessary and may cause pain, as well as delay your recovery.



How long does it take to recover?

Symptoms are usually minor, but may take up to three to six weeks to settle.

Your elbow may not be able to move quite as well as it did before your injury, especially when trying to straighten it, but this should not affect how you use it.

When should I ask for further help?

If after three weeks your elbow is still very sore and swollen, please contact the Virtual Fracture Clinic for further advice.

Virtual Fracture Clinic	Emergencies only (Monday to Friday)	General enquiries (Monday to Friday)	Contact number	Email
William Harvey Hospital, Ashford	9am to 12:30pm	12:30pm to 5pm	07964 43 76 09	ekh-tr.VFCWHH@nhs.net
Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate	9am to 12:30pm	12:30pm to 5pm	01843 23 50 32	ekh-tr.VFCQEQM@nhs.net

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation