

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

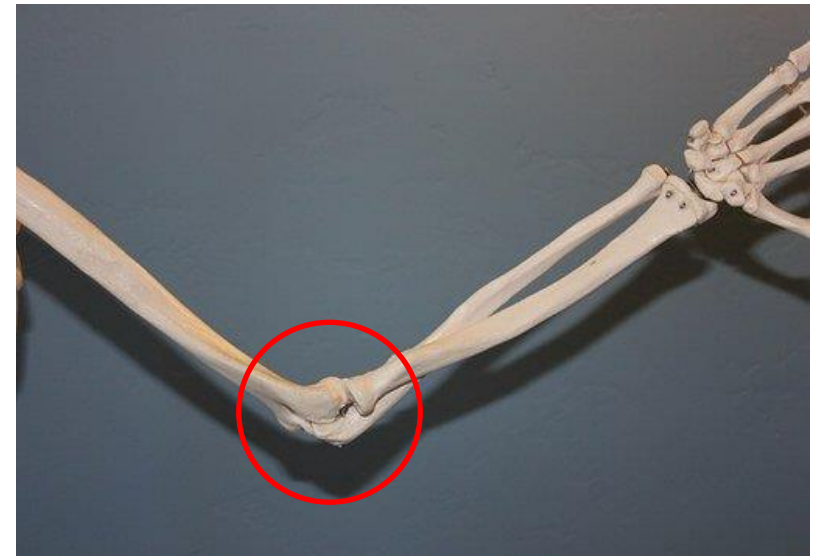
If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202310-03-DARHNF
Created: January 2020 / Revised: October 2023/
Review Date: October 2025

INFORMATION FOR PATIENTS

Discharge advice

Radial head/neck fracture of the elbow



Information, advice and recommendations for the injury

You have a small break in one of the bones in your elbow.

These fractures nearly always heal well with time. No treatment is required and therefore routine clinic follow up is not needed.

A sling will be provided for comfort and to hold the elbow in a good position.

You should gradually reduce wearing the sling as pain allows and aim to remove the sling completely.

We encourage you to slowly begin to move the elbow and use it normally as pain allows. Moving the elbow will prevent it from becoming stiff and encourage normal function.

Symptoms are usually minor, but may take up to 3-6 weeks to settle.

Information, advice and recommendations from your nurses:

- Keep your sling clean and dry.
- Check for any skin damage or red areas. If you see any please contact us (details below).
- Keep moving your fingers and wrist.
- Give your child basic pain relief as needed - visit your local pharmacy or GP if you are not sure what pain relief should be given.

Problems and further advice

A fracture liaison service is available and advice can be given over the telephone.

If there are any issues or you have any concerns/questions, we advise you seek help.

Call the fracture liaison nurses on 01623 622515, extension 4114 between 8am and 4pm, Monday to Friday.

Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.