

You have a

Midshaft forearm fracture

This is a break to the bone(s) in your lower arm.

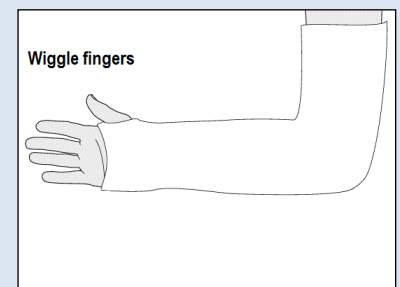
Healing:

It normally takes 6 to 8 weeks for this fracture to heal. The position of your fracture means that you may require surgery. The Virtual Fracture Clinic has referred you for a surgical opinion. The Trauma Co-ordinators will contact you about the next stage of your care as soon as an ongoing plan has been confirmed.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals, whether you have surgery or not. Talk to your GP or go to www.smokefree.nhs.uk for more information.

Feeling and movement of your hand:

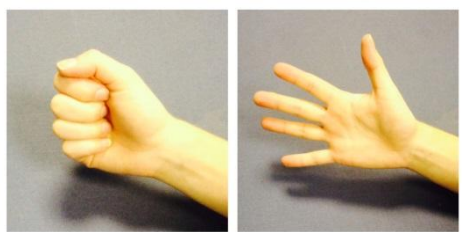
It is important that you can always wiggle your fingers and that you have full feeling to your hand. If you lose movement or feeling of your hand you should go back to A&E immediately for your plaster to be checked.



Pain and swelling:

You have been fitted with a plaster and given a sling. The sling is mainly for comfort, but using the sling and elevating your arm on a pillow at rest will help to reduce your swelling and pain. Take pain medication as prescribed.

Exercises:



Start these exercises straight away. Bend and straighten your fingers and thumb 10-15 times. Do these movements regularly in the day.

The cast may restrict your movement initially.

I am concerned about my symptoms. What do I do?

Please contact the Virtual Fracture Clinic or Trauma Co-ordinators (see below). If you cannot feel or move your fingers or thumb, go straight to A&E.

When can I start driving?

You can return to driving when:

- You are no longer in a cast or sling,
- You can move comfortably and
- You can control the vehicle safely.

Always test your ability to drive in a safe environment first.

How can I get a fit note for work?

If a fit note is required for your work, please discuss this with the Virtual Fracture Clinic team. You can also ask for a fit note from the orthopaedic surgical team.

I haven't heard from the Trauma Co-ordinators. What do I do?

Please contact the hospital on 01273 696955 and ask switchboard to bleep the Trauma Co-ordinators. Stay on the line, they will dial in to talk to you.

How do I contact the Virtual Fracture Clinic?

Call 01273 696955 extension 63428.

Email uhsussex.fracturecare@nhs.net