

You have a

## Midshaft forearm fracture

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

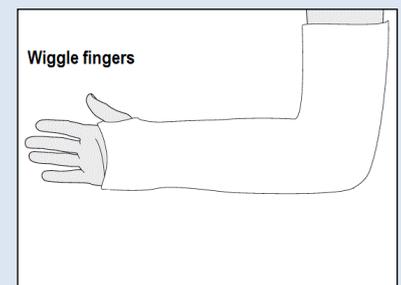
### Healing:

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 within 48 hours.

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](http://www.smokefree.nhs.uk) for more information.

### Feeling and movement of your hand:

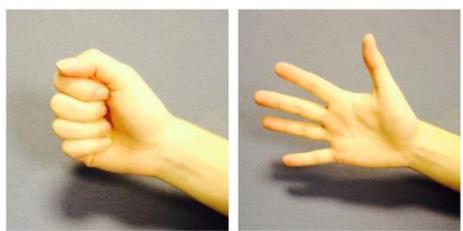
It is important that you can always wiggle your fingers and that you have full feeling to your hand. If you lose movement or feeling of your hand you should go back to A&E immediately for your plaster to be checked.



### Pain and swelling:

You have been fitted with a plaster and given a sling. Keep your arm elevated in the sling or on a pillow. This 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. 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 certificate for work?**

You can get a fitness for work statement from your GP or the doctor at your Fracture Clinic appointment.

### **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 Coordinators. 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](mailto:uhsussex.fracturecare@nhs.net)