

You have a

## Midshaft forearm fracture

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

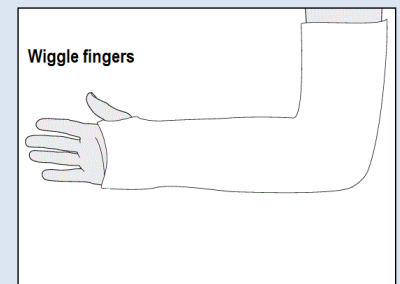
### Healing:

It normally takes 6 to 8 weeks for this fracture to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. 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:

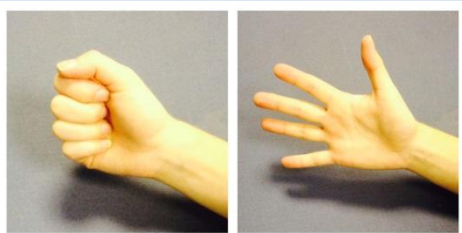
It is important that you can always wiggle your fingers and that you have full feeling to your hand. If you lose movement or feeling of your hand you should go back to A&E immediately for your plaster to be checked.



### Pain and swelling:

You have been fitted with a plaster and given a sling. 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.

### Follow up:

You will see an upper limb specialist 2-4 weeks after your injury.

Your cast will be taken off and your arm will be examined. You might have another x-ray. You may be given another cast or a brace. The specialist will explain the next stage of your recovery.

### **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 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 specialist at your clinic appointment.

### **I haven't received my appointment letter. What do I do?**

Your first appointment will be made by the Virtual Fracture Clinic team. If you have not received your appointment letter please contact us.

If you need to book a follow up appointment please contact the booking hub on 0300 3038360.

### **How do I contact the Virtual Fracture Clinic?**

Call 01273 696955 extension 63428.

Email [uhsussex.fracturecare@nhs.net](mailto:uhsussex.fracturecare@nhs.net)