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Discharge advice following a fracture (broken bone)

Issued by the Orthopaedic Department

Your injury has been assessed and treated by the urgent care / emergency department staff. They feel you may have sustained a fracture (broken bone).

What happens next?

An orthopaedic trauma consultant (a doctor who specialises in fractures) will review your x-rays.

Many injuries heal well over time without any further treatment. However, if further care is required or if we need to see you in fracture clinic, you will be contacted by phone or letter within the next five working days.

We suggest you take paracetamol and ibuprofen to help relieve your pain, if you can take them. If you need further advice about pain relief, ask your pharmacist.

How long will it take to heal?

Most injuries heal without any problems - however it may take several months for your symptoms to settle completely.

Sometimes, the break may fail to heal and continue to be painful, even after several months. If this occurs, an operation may be needed to help heal the break.

If you are still experiencing a lot of pain after two months, please phone the helpline for further advice.

We wish you a speedy recovery.

If you have any worries or concerns, please contact us on the helpline:

Monday-Friday, 9am-3.30pm

01670 529431

After hours and weekends, if you need urgent advice contact:

Wansbeck General Hospital

01670 529884

North Tyneside Hospital

0191 2932515

Northumbria Specialist
Emergency Care Hospital

0191 6072100

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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