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## Discharge advice for an adult's clavicle fracture (broken collar bone)



Issued by the Orthopaedic Department

You have broken your collar bone (clavicle). The vast majority of these fractures are treated with a shoulder sling for 4-6 weeks. The eventual recovery with this treatment is usually very good.

### **We would like to see you again in clinic**

An orthopaedic trauma consultant (a doctor who specialises in fractures) has reviewed your x-rays and you should now have received an appointment to attend the fracture clinic.

At the clinic your injury will be reviewed by an orthopaedic surgeon and we will advise on any further care needed, such as x-rays and the duration for which the sling will need to be worn.

In some cases, an operation may be required. If so, we will discuss this with you further at the clinic.

### **Shoulder sling**

The sling will help support the weight of your arm which will help relieve your pain.

We recommend that you exercise your hand and wrist.

Gradually start exercising by rotating your forearm in the sling. Be guided by the level of discomfort you feel.

We suggest you remove your sling twice a day and gently bend and straighten your elbow whilst supporting the weight of your arm.

These movements will help reduce hand swelling and prevent stiffness of the joints in your upper limb.

## **Painkillers**

We suggest paracetamol and ibuprofen, if you can take them, ask your pharmacist for advice.

The pain usually greatly improves after two weeks.

## **Sleeping**

It may be more comfortable to sleep propped up on several pillows in bed or in a reclining armchair in the early days after the injury.

## **When can I return to regular activities?**

It may take up to six weeks before you can return to regular activities. This may be longer if your work involves strenuous use of your upper limb.

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](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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