



You have a

Midshaft forearm fracture

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

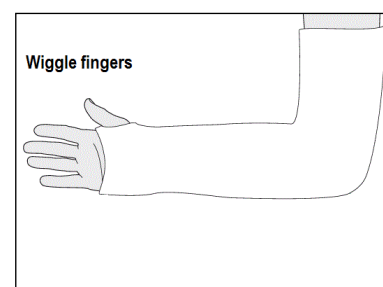
Healing:

It normally takes six to eight 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 for more information.

Feeling and movement of your hand:

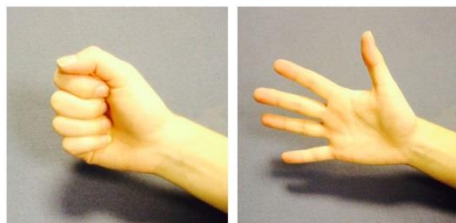
It is important that you can always wiggle your fingers and that you have full feeling to your hand. If you lose movement or feeling of your hand you should go back to A&E immediately for your plaster to be checked.



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.

Follow up:

You will see an upper limb specialist two to four 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.



Frequently Asked Questions

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 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.

How do I contact the Virtual Fracture Clinic?

Call 020 7288 3310



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

Twitter.com/WhitHealth
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Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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