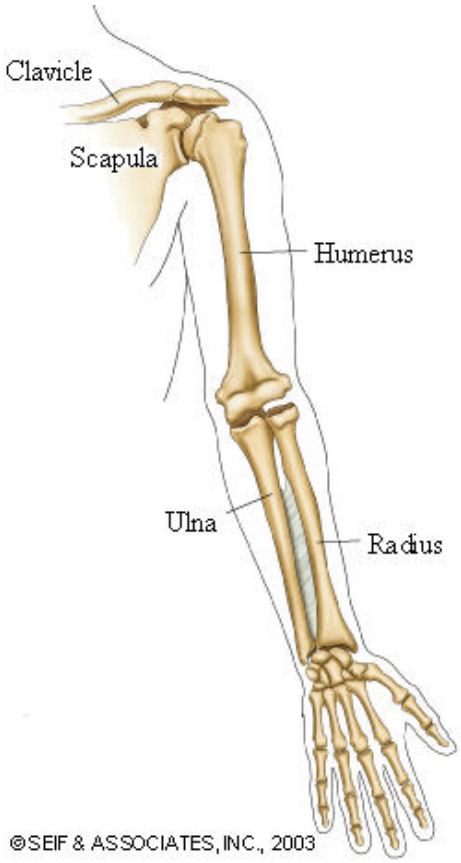
Fractured Upper Extremity

Broken bones take weeks to heal and require protection and proper follow-up. **The broken ends must be lined up correctly and kept perfectly still for proper healing. Do not remove the splint, immobilizer, or cast that has been applied to treat your injury until instructed to do so by your caregiver.** This is the most important part of your treatment. Other measures to treat fractures include:



- Keeping the injured limb at rest and elevated as recommended by your caregiver. This will help reduce pain and swelling. Use pillows to rest and elevate your arm on at night.
- Applying ice packs to your fracture site frequently for the next 2-3 days.
- Pain medicine is often prescribed in the first days after a fracture. Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

Proper follow-up care is very important, so call your caregiver for an appointment as soon as possible. Follow-up x-rays are generally recommended to monitor healing.

SEEK IMMEDIATE MEDICAL CARE IF:

- You notice increasing pain or pressure in the injured arm or hand, or if it your extremity becomes cold, numb, or pale.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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