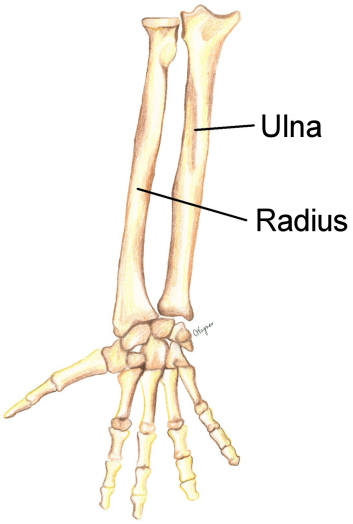
Forearm Fracture

Your caregiver has diagnosed you as having a *fracture* (broken bone) of the forearm. This is the part of your arm between the elbow and your wrist. Your forearm is made up of two bones. These are the *radius* and *ulna*. A fracture is a break in one or both bones. A cast or splint is used to protect and keep your injured bone from moving. The cast or splint will be on generally for about 5 to 6 weeks, with individual variations.



HOME CARE INSTRUCTIONS

- Keep the injured part elevated while sitting or lying down. Keeping the injury above the level of your heart (the center of the chest). This will decrease swelling and pain.
- Apply ice to the injury for 15 to 20 minutes, four times per day while awake, for 2 days. Put the ice in a plastic bag and place a thin towel between the bag of ice and your cast or splint.
- If you have a plaster or fiberglass ***cast***:
  - Do not try to scratch the skin under the cast using sharp or pointed objects.
  - Check the skin around the cast every day. You may put lotion on any red or sore areas.
  - Keep your cast dry and clean.
- If you have a plaster ***splint***:
  - Wear the splint as directed.
  - You may loosen the elastic around the splint if your fingers become numb, tingle, or turn cold or blue.
- Do not put pressure on any part of your cast or splint. It may break. Rest your cast only on a pillow the first 24 hours until it is fully hardened.
- Your cast or splint can be protected during bathing with a plastic bag. Do not lower the cast or splint into water.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your cast gets damaged or breaks.
- You have more severe pain or swelling than you did before the cast.
- Your skin or nails below the injury turn blue or gray, or feel cold or numb.
- There is a bad smell or new stains and/or pus like *(purulent*) drainage coming from under the cast.

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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