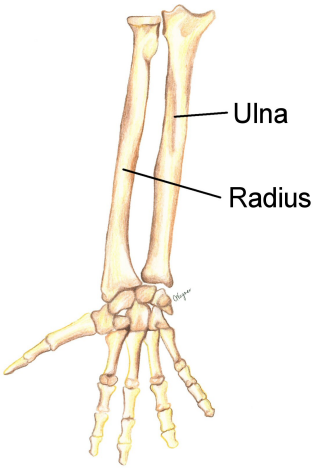
Forearm Fracture

The forearm is between your elbow and your wrist. It has two bones. These bones are the radius and the ulna. A fracture is a break in one or both of these bones.



HOME CARE

- Raise (*elevate*) the injured area above the level of the heart. This will help to lessen pain and puffiness (*swelling*).
- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between the skin and the bag.
  - Leave the ice on for 15 to 20 minutes, 3 to 4 times a day
- If given a plaster or fiberglass **cast:**
  - **Do not** try to scratch the skin under the cast with sharp or pointed objects.
  - Check the skin around the cast every day. You may put lotion on any red or sore areas.
  - Keep the cast dry and clean.
- If given a plaster **splint:**
  - Wear the splint as told.
  - You may loosen the elastic around the splint if the fingers become numb, tingle, or turn cold or blue.
- **Do not** put pressure on any part of the cast or splint. It may break. Rest the cast only on a pillow the first 24 hours until it is fully hardened.
- The cast or splint can be protected during bathing with a plastic bag. **Do not** lower the cast or splint into water.
- Only take medicine as told by your doctor.

GET HELP RIGHT AWAY IF:

- The cast gets damaged or breaks.
- There is more very bad pain or puffiness than there was before the cast was put on.
- The skin or nails below the injury turn blue or gray, or feel cold or numb.
- There is a bad smell, new stains, and/or fluid coming from under the cast.

MAKE SURE YOU:

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

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