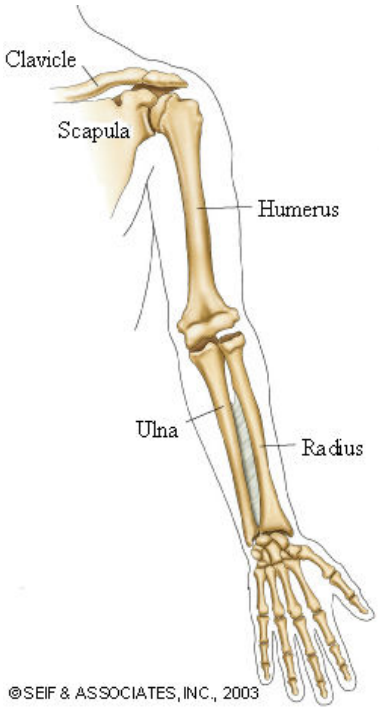
Upper Arm (Humerus) Fracture
Treated with Immobilization

The humerus is the large bone in the upper arm. The treatment for a broken humerus is usually a hard splint (*immobilization*). This helps to hold the broken pieces in place so they can heal.

HOME CARE



- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 to 20 minutes at a time, 4 times a day.
- **If given a plaster or fiberglass cast:**
  - **Do not** try to scratch the skin under the cast.
  - 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, cold, tingle, or turn blue.
- **Do not** put pressure on any part of the cast or splint until it is fully hardened.
- The cast or splint must be protected with a plastic bag during bathing. **Do not** lower the cast or splint into water.
- Only take medicine as told by your doctor.
- Do exercises as told by your doctor.
- Follow up as told.

GET HELP RIGHT AWAY IF:

- The skin or fingernails turn blue or gray.
- The arm feels cold or numb.
- There is very bad pain in the injured arm.
- You or your child is having problems with the medicines you were given.

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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