Fractured Hand

Your caregiver has diagnosed you with a fracture (broken bone) in your hand. If the bones are in good position and the hand is properly immobilized and rested, these injuries will usually heal in 3 to 6 weeks. A cast, splint, or bulky bandage is usually applied to keep the fracture site from moving. Do not remove the splint or cast until your caregiver approves. **If the fracture is unstable or the bones are not aligned properly, surgery may be needed.**

Keep your hand elevated above the level of your heart as much as possible for the next 2-3 days until the swelling and pain are better. Apply ice packs for 20-30 minutes every 3-4 hours to help control the pain and swelling.

See your caregiver or an orthopedic specialist as directed for follow-up care to make sure the fracture is beginning to heal properly.

SEEK IMMEDIATE MEDICAL CARE IF:

- You notice your fingers are cold, numb, crooked or the pain of your injury is severe.
- You are not improving or seem to be getting worse.
- You have any other questions or concerns.

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