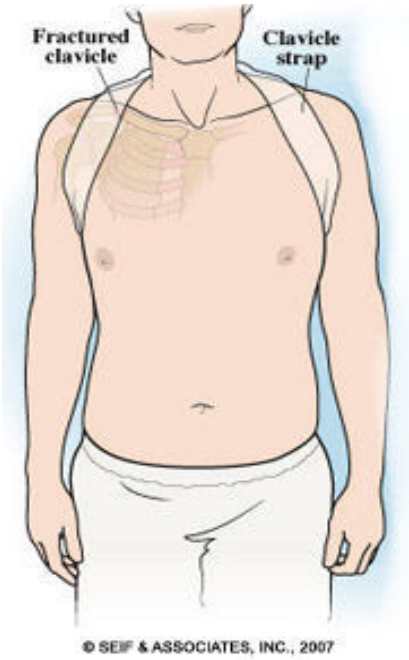
Clavicle Strap



You have been given a clavicle strap (a figure-of-eight bandage) to help treat your broken collar bone. This strap supports the broken bone and helps to keep it in proper position by holding the shoulders back. During the first few days after your injury, a sling may also be used to help restrict movement and therefore reduce pain. Your clavicle strap may need to be adjusted after the first few days when the initial swelling goes down.

Your caregiver will tell you how long you should wear your clavicle strap, and when it is safe to remove it for short periods of time for bathing. You can reduce the irritation of your strap by using baby powder under the strap, particularly in the armpit area.

SEEK MEDICAL CARE IF:

- You have any areas of skin breakdown from the clavicle strap.
- You have any other questions or concerns regarding your injury or the use of your strap.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have numbness, coolness or discoloration of your hands or arms.

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