Fractured Extremity

Broken bones (*fractures*) take several weeks to months to heal depending on the bone involved. **The broken ends must be lined up correctly and kept in position for proper healing. Do not remove the splint, immobilizer, or cast that has been applied to treat your injury.** This is the most important part of your treatment. Other measures to treat fractures include:

- Keeping the injured limb at rest and elevated above your heart as recommended by your caregiver. This will help reduce pain and swelling.
- Ice packs can be applied to your fracture site for 20-30 minutes every 3-4 hours over the next 2-3 days.
- Pain medicine may be prescribed in the first days after a fracture.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Increasing pain or pressure in the injured limb, or if it becomes cold, numb, or pale.
- If there is increasing pain with motion of your fingers or toes.

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