

Patient information

Fractured neck of humerus: discharge advice with use of collar and cuff

Today you have been fitted with a collar and cuff sling. It works best with your arm hanging under your clothes next to your skin. A fractured neck of humerus will heal better if you allow your arm to relax into the sling and:

- Avoid pillows or any supports under your elbow
- Avoid lying flat in bed
- Do not put your arm into clothing

When should you wear the sling?

You should wear the sling day and night, unless the doctor tells you otherwise.

What should I do about swelling?

Your arm will be swollen, bruised and painful; to help reduce the swelling and stiffness move the sling at the wrist and move your hand by gently clenching your fist and spreading your fingers at least ten times an hour. **If the arm becomes discoloured or numb, return to the hospital.**

What should I do about hygiene?

It is important to maintain personal hygiene, as your arm is held next to your body. When washing, try to avoid getting the sling wet by leaning forward allowing your arm to swing in the sling and use wet wipes or flannel and soap.

What should I do about pain?

This can be a painful fracture so take regular pain relief in the stated dose. If this does not give pain relief, either ring your own doctor or the fracture clinic for further advice.

What is my follow-up care?

The Fracture Clinic will contact you by telephone to discuss your care and any follow up appointments. If this does not happen within 5 days of your discharge please contact 01284 713309 and leave a message with your contact number.

For further information

If you are concerned telephone NHS 111

or visit website www.nhsdirect.nhs.uk

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)
<https://www.accessable.co.uk>*



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