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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

FRACTURED CLAVICLE

Advice to Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

FRACTURED CLAVICLE

A fractured clavicle is the medical term for a broken collar bone. This injury usually heals by itself with no intervention being necessary. The treatment provided is that of a sling to keep the arm comfortable and in an acceptable position. A broad arm sling or a modified collar and cuff is usually used. No follow up is required but please feel free to see your GP or return here for review if you have concerns.

HEALING PROCESS

A fractured clavicle takes about six weeks to complete the initial healing process. At this stage the bone is still softer than normal and it will take a further six weeks for the bone to become as strong as it originally was. There may still be a visible/palpable lump along the bone. This is normal and will gradually smooth out over several months, taking up to two years in adults (the times are shorter for children).

ACTIVITIES

As the shoulder becomes more comfortable, you can gradually take your arm out of the sling for increasing periods, but initially your arm should only be used for light activities such as washing and eating.

A light occupation may be recommenced in 3-4 weeks but a job involving heavy lifting will not be possible for 2-3 months. You will need to see your GP to obtain the necessary sick certificates.

FURTHER INFORMATION

Additional advice or information may be obtained by contacting Walk-in Centre at Ashford Hospital telephone **01784 884828** or **01932 722025** for Accident & Emergency, St. Peter's Hospital

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