

## Fracture Clinic Patient Information Leaflet

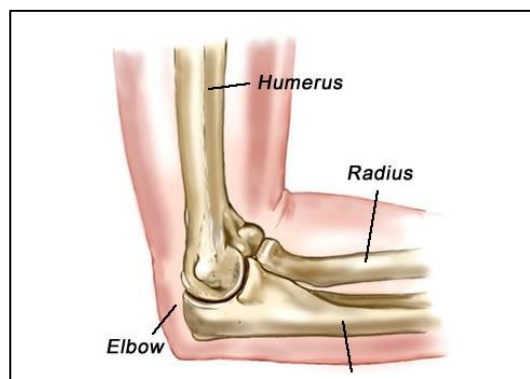
# Advice after an elbow injury (children)

## The Injury

Elbow injuries are common in children; these can be soft tissue injuries or fractures. A fracture is the same as a broken bone. A 'soft tissue' injury means that some of the structures around the elbow, such as the ligaments, have been strained without any broken bones.

The common symptoms following this type of injury include:

- Pain straight after an injury
- Swelling
- Bruising
- Difficult moving the arm



## What happens now?

Your child may be put in a plaster and/or sling to support the arm; this will be used for 2 - 6 weeks whilst the injury heals. Your child should wear the sling during the day for comfort but remove it for exercises and hygiene. Your child can wear it at night time if they find it more comfortable but they don't have to.

Your child will be given an appointment to return to fracture clinic for follow up if needed, these injuries normally heal by themselves with time but do occasionally need surgery.



### What should I do at home?

- Use over the counter pain killers as required.
- Elevate the injured arm on pillows.
- Your child can return to school as soon as their pain allows
- Your child should avoid sport and rough play for at least 6 weeks after the injury

**If you have any worries or concerns please contact one of the following:**

**Virtual Fracture Clinic Helpline 01225 821668 or Fracture Clinic 01225 825602**

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656 or 826319.