

# Upper arm injury

## Emergency Department Patient Information Leaflet

### Introduction

This leaflet is for people who have an upper arm injury. It includes information about what you need to do when you get home, what problems to look out for and what to do if these happen.

### What should I do at home?

- Follow the instructions you have been given about using the sling.
- Remove your hand from the sling regularly and move all your joints by bending and straightening them. This will prevent any joints becoming stiff and painful.
- Remove the sling before going to sleep.
- Do not keep the sling on for longer than required.

### What can I do to help reduce the pain?

If you have pain, take painkillers such as paracetamol or ibuprofen, if you can take them (always read the label; do not exceed the recommended dose).

# What should I look out for?

Go to your nearest **Emergency Department at once if:**

- You get tingling and/or you lose feeling in your hand or fingers
- Your fingers go blue or white
- You get severe swelling and/or pain

If you have queries when you get home, please contact your GP or NHS 111.

# What precautions should I take?

Until the injury has fully healed, do not wear:

- Rings and other jewellery on your injured arm as your arm and hand may swell. The jewellery may restrict blood flow to your hand.
- Nail varnish as you need to check the colour of the skin under your nails.

# Other advice

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## Can I find out more?

You can find out more from the following weblinks:

### **NHS Choices**

<http://www.nhs.uk/conditions/arm-pain/Pages/Introduction.aspx>

<http://www.nhs.uk/conditions/broken-arm/Pages/Introduction.aspx>

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to one of our nurses. If you need help when you return home, please contact your GP.

### **This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/accident-emergency/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔