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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उदाहृत उदाहरणों में लैंग्वेज वी ऑन वरिथा करके इस नंबर से बोलें करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Fractured Clavicle

Advice for Patients

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 are 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.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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