

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

## Upper limb post-operative guidance

**For parents and carers**

**Patient information**

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Southport Hospital  
Town Lane,  
Kew,  
Southport,  
Merseyside,  
PR8 6PN  
Telephone:  
01704 547 471

Ormskirk Hospital  
Dicconson Way,  
Wigan Road,  
Ormskirk,  
Lancashire,  
L39 2AZ  
Telephone:  
01695 577 111

## What is a bone fracture?

Fractures are usually caused by traumas like falls and sports injuries. If you break a bone you may require surgery to help the bone heal in the correct position. Recovery time will depend on a number of things: the type of fracture, the location of the fracture and the age of the patient.

If you need surgery to repair the fractured bone, you may follow the patient journey below.

## Patient journey:

- You will go to theatre for surgery.
- A back slab is put on (a partial cast held in place with bandages) whilst the swelling reduces.
- You will see a physiotherapist on the ward for assessment and provision of equipment.
- Discharged home.
- You will be seen in Fracture Clinic for a follow up including another x-ray.
- Plaster of Paris (POP) put on and further instructions given, i.e., duration and weight-bearing status from the consultant.

## Other information

If you have any concerns about your wounds or surgery, please contact the children's ward department on the following number:

01695 656 912

Your physiotherapist on the ward was:

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## Plaster of Paris (POP):

POP is usually applied to immobilise a limb/area of the body following a fracture or break in order to allow for healing and rest, and to help prevent complications.

The parent/carer is advised to bring the child back to Emergency Department if:

- The fingers of the injured limb change colour (blue, red, white).
- Sensation changes (tingling, numbness, pain or swelling increases).

Please note that it takes approximately 24 hours for POP to dry fully.

Do not allow the child to:

- Get the cast wet.
- Poke anything down the cast.
- Remove the cast unless directed.
- Dry the cast by artificial means e.g. hairdryer.

Do encourage the child to:

- Exercise all joints not immobilised by the cast e.g. arms, fingers.
- Elevate the limb on a sofa or bed when resting.

## Types of surgery

### K-wires

K-wires may be used to hold the bones in place until they heal. They are only temporary and the K-wires can be removed three to four weeks after surgery once the bones have healed.

- You should not be able to see or feel the wires under the padded dressing.
- Protect the limb as much as possible.



### Plates and screws

Plates are used for internal fixations. They hold the broken bone together and are attached to the bone with screws.

Plates may be left in place after healing is complete or may be removed in select cases.

Screws may also be used alone to hold the fracture if a plate is not required.



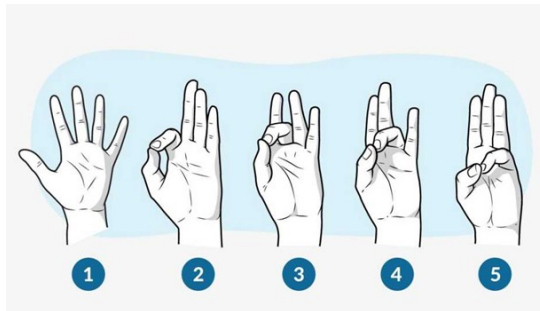
## Exercises

To be completed three to four times a day.

- Make a fist (thumb over fingers). Straighten your fingers and bring them apart. Repeat 10 times.



- With your thumb, touch each fingertip. Repeat 10 times.

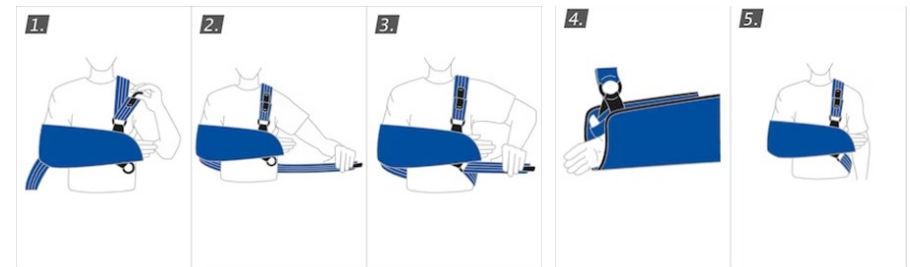


You should move your fingers and hand as much as possible to maintain circulation. It is also important that you maintain the range of movement at your shoulder joint, to ensure that your shoulder does not become stiff whilst you are wearing your shoulder immobiliser.

## Using a shoulder immobiliser

Depending on your operation, you may be provided with a shoulder immobiliser (sling) by the therapist following your surgery. Keep wearing the sling for the amount of time the doctor advised.

- Position the elbow in the pocket of the sling and apply the neck of the strap across the back and over the unaffected shoulder.
- Feed the loose strap end through the ring and fasten the Velcro. Ensure your elbow is at 90°.
- The length of time in the sling is dependent on the type of surgery performed. Your Physiotherapist will inform you regarding this.
- The sling is only to be removed when performing the following exercises and when washing, dressing and sleeping.



Do not sleep in the sling—always remove it at night.

Support your injured arm by elevating it on a pillow/cushion when not wearing the sling.