

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202507-02-ELD  
Created: October 2023/ Revised: July 2025/ Review Date:  
July 2027

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## INFORMATION FOR PATIENTS

### Discharge advice

### Elbow dislocation



## Dislocation of the elbow

An elbow dislocation occurs when the bones of the forearm (the radius and ulna) move out of place compared with the bone of the upper arm (the humerus). The elbow joint, formed where these three bones meet, becomes dislocated, or out of joint.



You may have been placed in a temporary back slab (plaster) in the Emergency Department and/or given a sling or a collar and cuff sling.

This injury takes several months to heal, although you may only require the plaster and/or sling until you see the consultant in the fracture clinic.

You will receive a fracture clinic appointment where your temporary cast will be removed (if one has been applied) and your elbow examined. The consultant will talk you through the next stage of your treatment and rehabilitation. The aim will be to get your elbow moving as soon as possible without a plaster.

You may be referred to physiotherapy to help with early movement of the elbow.

### You should:

- Take simple over the counter pain killers as prescribed and seek GP advice if these are not sufficient.
- Sleep propped up with pillows in the first few nights after injury to help you feel more comfortable.

### You should not:

- Drive or cycle until you are safe to do so without the sling and cast.
- Participate in any contact sports (for example rugby, netball and tennis) for three months to give the joint enough time to recover.
- Stick anything down the cast (if one has been applied).
- Miss your appointment with the consultant.

## Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

**If you develop any issues or have concerns/questions we advise you seek help.**

For appointments, letters or leaflets (non-clinical queries) please call 01623, 622515, extension 2180.

For any plaster or splint concerns, please call 01623, 622515, extension 4114.

Both can be accessed between 8am and 4pm, Monday to Friday.

**Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**