

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202310-01-SUPF
Created: October 2023/ Review Date: October 2025

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Cambridge University Hospitals NHS Trust

INFORMATION FOR PATIENTS

Discharge advice

Supracondylar fracture



What is a supracondylar fracture?

Your child has a fracture just above the elbow.

This type of fracture is one of the most common fractures in children. It occurs at the elbow in the lower end of the upper arm, usually from falling onto an outstretched hand.

Your child's arm will be placed into a temporary plaster cast, supported by a collar and cuff sling.

Swelling and bruising at the fracture site is normal. Simple, over-the-counter pain killers and applying ice to the area will help to reduce swelling and pain.

You should:

- Give simple over-the-counter pain relief as needed.
- Encourage your child to keep wiggling their fingers to prevent stiffness.

You should not:

- Stick anything down the cast.
- Miss your child's appointment with the consultant.

At your child's appointment, their elbow will be x-rayed again to check the position of the fracture.

The consultant will then discuss further options for managing your child's injury at this appointment.

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.

Call the fracture liaison nurses on 01623 622515, extension 4114 or 6807, between 8am and 4pm, Monday to Friday.

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