

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.

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INFORMATION FOR PATIENTS

Discharge advice

Olecranon fracture



Healthier Communities,
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What is an olecranon fracture?

An olecranon fracture is a break in the bony tip of the elbow. This pointy segment of the bone is part of the ulna, one of the bones which come together as part of the elbow joint. The olecranon is positioned directly under the skin of the elbow, without much protection from muscles or other soft tissues.

It can break easily if you experience a direct blow to the elbow or fall on an outstretched arm. A fracture can be very painful and make elbow motion difficult at first.

Treatment

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. Ice should be applied, wrapped in a tea towel, for 20 minutes three to four times a day.

Simple fractures can be treated by wearing a brace on your elbow until your fracture heals. Some fractures may need surgery to help restore movement and function. This will be discussed with you by your consultant at your clinic appointment.

At your appointment the elbow may be x-rayed again in order to check the position of the fracture.

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

You should:

- Take simple, over the counter pain killers as required.
- Wear the brace as directed until your clinic appointment.

You should not:

- Drive whilst wearing the sling or cast.
- Take part in any physical contact sports as guided by the consultant.
- 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.

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.