



After an elbow fracture

Supracondylar fracture - a collar and cuff

(sup-ra-con-dra-lah)

It is important to attend your follow-up appointment in 1 – 3 weeks to make sure the injury is healing.

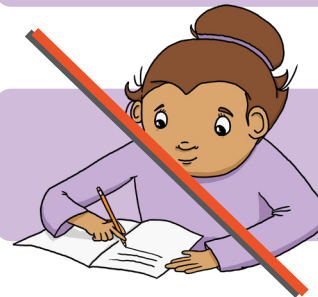
The cuff and collar needs to stay on all the time



All clothing needs to be put on over the collar and cuff



When resting, support the arm on a pillow in a comfortable position



No school until after bub's 1st doctor's appointment

Do not wet the collar and cuff



No sports or swimming until the treating team says so



Have a sponge bath or use a wet cloth. No baths or shower while the collar and cuff is on.

Pain relief – if bub is in pain give them paracetamol.



Paracetamol (Panadol)

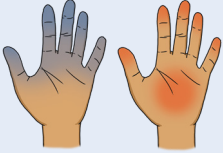

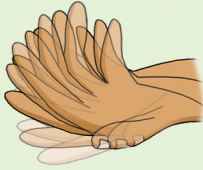
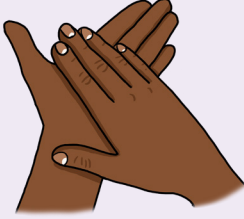

Given at: _____

Next dose at: _____

No more than 4 times in 1 day

See packet instructions

Check bub's hand and fingers every day and compare it to the good hand to make sure they are the same.

Temperature:	Colour:	Movement:	Sensation/ feeling:	Swelling:
Both hands should feel the same temperature	Both hands should be their normal skin colour	Have normal hand and finger movement	Normal feeling on the top and palm of hand	Little or no swelling of hand and fingers
				
Move the injured hand/fingers every so often this will help reduce swelling				

If you have any worries or concerns, please see your GP, health clinic or emergency department.

For appointment details, cancel or change your appointment, call 1300 855 275 and ask for Orthopedic Outpatient Department.



Government of Western Australia
Child and Adolescent Health Service

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Produced by: Plastics and Orthopaedics / Social Work
Ref: 91.1 © CAHS 2021

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