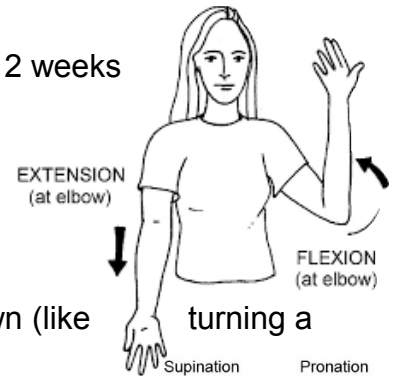


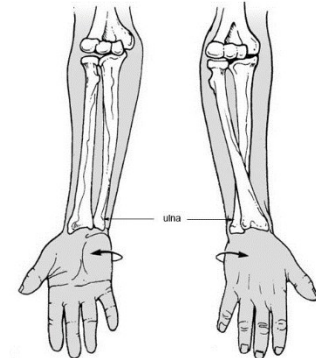
Information following discharge from Children's Emergency Department and Cromer Minor Injuries Unit Following a Soft Tissue Elbow Injury up to age 12


- 1) Get your child to use the sling provided for up to 2 weeks (they do not need to wear it at night).
- 2) Regularly and gently ask your child to try
 - a) making their arm fully straight and fully bent (extension and flexion)
 - b) turn their palm from facing up to facing down (like cooker knob)



(Note this may take 3 weeks to fully achieve)

- 1) Give your child pain relief (paracetamol or ibuprofen) regularly if they are still saying it hurts. Use as directed on the label.
- 2) Your child should avoid doing sports and contact or impact activities (bouncy castles/trampolines/soft play/ PE etc.) for **4 weeks** after the injury.



- 3) Look out for any concerns (called Red Flags )
 - c) Increasing swelling around joint
 - d) Redness of elbow
 - e) Pain not settling
 - f) After 4 weeks still painful to press on bony points of elbow

If you have any concerns about the 'Red Flags' described above or the child is not getting to near full recovery by four weeks, please contact The Children's Orthopaedic Nurse Specialist on **01603 287266**.

If you get the answer machine please leave your child's name, date of birth, the date you were in the Emergency Department or Minor Injuries Unit and a contact number to call you back. We will aim to reply to your call within 48hs.

There is no routine follow up planned for this type of injury as we expect the child to recover without difficulty by four weeks.

Please note: you may be contacted by the Hospital if any x-rays have been reported as bony injuries. You must then follow their updated instructions.

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit: <http://ratenhs.uk/IQu9vx> Or scan QR code:

