

Humeral Brace

Patient Information

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This brace is primarily used for fractures and injuries associated with the humerus bone. It can be used postoperatively for humeral shaft fractures or for conservative (non-operative) management.

Humeral Fractures are painful and awkward to manage and it can take some time to heal.

This advice leaflet is to help inform you during your time wearing the brace.

DO:

- Have straps firm but not to cut circulation
- Exercise elbow if told to do so
- Help circulation by pumping fist and straightening fingers
- Keep sling on unless told otherwise
- Move position of sling around wrist and hand to relief pressure
- Lean and hang the arm for access to clean and remain hygienic
- Sit/Sleep propped up using cushions and pillows
- Take pain relief regularly as instructed/prescribed
- Wear your brace at all times, unless instructed otherwise. This includes for sleeping.

DO NOT:

- Remove brace unless told to
- Lay elbow on any support, it should stay hanging
- Lay back on your arm
- Get brace wet. It is not advisable to bath or shower
- Put your arm through any sleeves. Dress with the injured arm under your clothing, close to your body.

Contact the Plaster room if you have any concerns regarding:

- Any constant changes of sensation of arm/fingers such as numbness or pins and needles
- You feel the brace is rubbing or digging into your skin potentially causing your skin to break down
- You have severe pain

How your brace should look when correctly fitted

The brace should be worn directly against the skin.



Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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BEHAVIOURS:

Courtesy and respect

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Responsive communication

Effective and professional

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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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PALS 01493 453240**