

# Supracondylar Fracture of the Humerus

Paediatric A&E Department



# Supracondylar Fracture of the Humerus

## Introduction

A Supracondylar Fracture of the Humerus is one of the most common fractures in children. It occurs at the elbow in the lower end of the upper arm (humerus), usually from falling onto an outstretched hand.

## How will it be treated?

Your child's arm will be placed in a collar and cuff type sling and will be positioned at a right angle. This should be worn all the time and it will be necessary to retain the arm close to the body underneath clothing for the first three weeks, and then for a further three weeks outside clothing.

## What Should I Do?

Give your child a medicine such as Ibuprofen or Paracetamol for pain relief. Please follow the dosage and frequency instructions on the bottle / packet carefully.

Dress the injured arm first and undress it last.

Encourage shoulder exercises and use of the other hand.

Keep the skin around the neck, under the arm and in the elbow crease clean and dry.

Your child will be given an appointment for the Virtual Fracture Clinic for orthopaedic follow up, but if you have any concerns before this please do contact the Accident & Emergency Department for advice.

## Further Information

Paediatric Accident and Emergency Department  
St Peter's Hospital  
Guildford Road  
Chertsey  
Surrey KT16 0PZ  
Telephone: **01932 872000**

For reassurance and advice please contact NHS Direct on: **111**

The following website gives useful advice: [www.patient.co.uk](http://www.patient.co.uk)

---

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

---

**Author:** Dr Erin Dawson

**Department:** Paediatric A&E

**Version:** 7

**Published:** Oct 2021

**Review:** Oct 2024Su



**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**

**To use the Text Relay service, prefix all numbers with 18001.**

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)