

Discharge Information: Clavicle fractures

This information sheet aims to answer any questions you may have about your care after discharge.

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You or your family member has been diagnosed with a fracture of the clavicle (collar bone).

Uncomplicated clavicle fractures are usually treated with immobilisation in a sling; however more complicated fractures may require correction under anesthetic. If your treating practitioner is concerned you will be referred to the Orthopaedic specialists for ongoing treatment.

Initial Treatment

Uncomplicated clavicle fracture can be treated by immobilisation in a simple arm sling. Complicated fractures whilst initially treated with a sling will require an Orthopaedic opinion to determine the best individual treatment.

Once supported with a sling simple pain killers such as Paracetamol or Ibuprofen often provide adequate pain relief for these injuries, however your individual requirements will be assessed by your treating practitioner.

Follow Up Treatment

If you are not referred to an Orthopaedic specialist you will be referred either back to your General Practitioner or to the Emergency Department.

You should be seen 2 weeks after the injury, at which time you can commence gentle shoulder movement exercises.

You should be reviewed again after 6 weeks, at which time you should be able to stop wearing the sling and commence full shoulder movements. The length of time until complete healing varies from 6-12 weeks.

Sporting activities will need to be restricted for a further 6 weeks after fracture has healed.

If you are a Female over 45 years of age or a Male over 55 years of age and your fracture is the result of a fall from a standing height, this may indicate that you have a higher risk of osteoporosis, a disease in which the bones become fragile and brittle. If your treating practitioner has not discussed further investigations about osteoporosis, we advise that you arrange to see your general practitioner to discuss this further.

Contact Numbers

Noarlunga Hospital
Emergency Department
08 8384 9288

Flinders Medical Centre
Emergency Department
08 8204 6065

Orthopaedic Clinic
08 8204 4787

Private Orthopaedic Surgeon

Name:

Address:

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Contact number:

Appointment Date:

Appointment Time:

Your next review is:

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If a referral has been sent to the Orthopaedic Clinic and you do not receive an appointment time within 5 days you will need to call them on the number listed above.

For more information

Emergency Department
Flinders Medical Centre
Flinders Drive
Bedford Park SA 5042

Telephone: 08 8204 5042
www.sahealth.sa.gov.au



This document has been reviewed and endorsed by consumers.

If you require this information in an alternative language or format please contact SA Health on the details provided and they will make every effort to assist you.