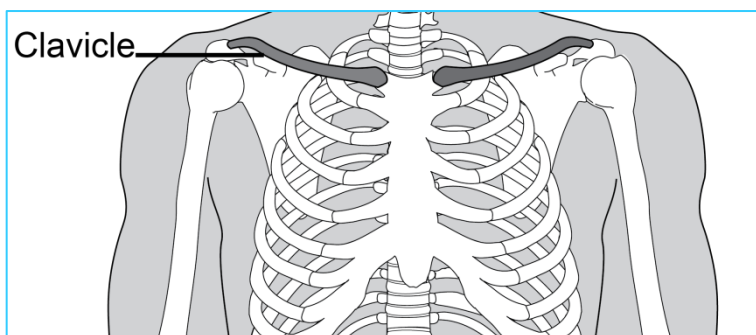


Emergency Services

## Broken Collarbone (Fractured Clavicle)

You have a broken collarbone (fractured clavicle). The collarbone connects your breastbone to your shoulder blade. Together, these bones hold your arms in place.

Most broken collarbones do not need surgery to heal. You might be referred to a specialist to have your injury checked.



### When to get help

Call your family doctor or go to a walk-in clinic if:

- You have severe pain that does not go away with pain relieving medicines.
- Your pain or swelling gets worse at the point where the bone is broken.
- The fingers on your injured side get numb and tingle.
- The fingers on your injured side look blue or purple.
- The hand and arm on your injured side become swollen and weak.

### How to take care of yourself at home

You will need to wear a sling to prevent the broken bone from moving. The sling supports your arm and helps keep your collarbone in position while it heals.

You will need to wear the sling for several weeks.

When you do not use your shoulder, elbow, and arm for a while, they can get stiff and weak. To prevent this, do the exercises and stretches shown to you by the doctor.

Take pain relieving medicines such as acetaminophen (Tylenol or store brand) or ibuprofen (Advil, Motrin, or store brand). We might give you a prescription for a stronger pain relieving medicine. Take medicines as directed.

Use an ice pack on the painful area.

- Cover the ice pack with a cloth to protect your skin.
- Use the ice pack for 10 to 15 minutes every hour.
- **Do not** leave the ice in place for more than 15 minutes.

Arrange to see your doctor (or bone specialist) in one to two weeks to check your injury.

## Broken Collarbone (Fractured Clavicle) - *continued*

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### Helping your bone to heal

It can take weeks to months for your broken collarbone to heal. You might notice a bony bump at the point where the bone was broken. This is normal.

From the time of your injury to 4 to 6 weeks after you stop wearing the sling:

- Eat foods high in calcium (such as milk, cheese, yogurt, broccoli, kale, beans, almonds, and tofu).
- Eat foods high in vitamin D such as (such as milk, eggs, cooked salmon, canned tuna and sardines, and cod liver oil).
- Do not do any high-impact activities that could break the bone again (such as football, hockey, lacrosse, skiing, snowboarding, cycling).

### To learn more, it's good to ask:

- Your family doctor
- HealthLinkBC 8-1-1 (or 7-1-1 for deaf and hearing impaired) or visit HealthLinkBC online at [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)