A fracture is also called a broken bone. A broken bone is often caused by a fall, an injury or an accident. You may need an x-ray to see if you have a broken bone. After your bone(s) are put back in place, you may have a cast or splint to keep the injured bone(s) from moving. If you have a bad break and other injuries, you may need to have surgery and stay in the hospital. Most bones heal in 6 to 8 weeks.

**Signs of a fracture**
The area near the broken bone may:
- Hurt
- Feel weak
- Feel numb or tingle
- Be swollen or bruised
- Bleed if the skin is broken
- Look bent if the bones are out of place
- Be hard to move

**Your care**
- Keep the injured area raised above your heart as much as possible to reduce swelling. Use pillows to raise your injured hand or foot above the level of your heart.
- Use ice to lessen pain and swelling for the next 1 to 2 days. Put the bag of ice on the cast or splint over the injury for 15 to 20 minutes every hour.
- Take your medicines as directed.
If you have a cast

- Check the skin around the cast every day. Call your doctor if you have red or sore spots.
- Put lotion on dry areas.
- Do not use lotion or powders if you have blisters or stitches on your skin under the cast.
- Use a hair dryer daily, set on cool. This keeps your cast dry, comfortable and helps relieve itching.
- Call your doctor if your cast fits loosely. The cast can slide around causing skin irritation.
- Exercise your fingers or toes. This improves blood flow and helps healing.
- Use a nail file to file rough edges on your cast.
- Do not scratch the skin under your cast with sharp or pointed objects.
- Do not put pressure on any part of your cast or splint as it may break.
- Keep your cast or splint dry by putting a plastic bag over it when bathing.
- Use a hair dryer if your cast gets wet.
- Call your doctor or clinic to schedule an appointment to get your cast removed after the bone has healed.

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Call your doctor right away if:

- You have trouble breathing, chest pain or confusion.
- You have pain that does not go away.
- Your skin or nails of the injured hand or foot are blue, gray, cold or numb.
- Your cast gets damaged or breaks.
- You have new stains or an odor coming from under the cast.
- You have swelling that makes your cast feel too tight.

Talk to your doctor or nurse if you have any questions or concerns.

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अपने डॉक्टर को तुरंत कॉल करें यदि:

- आपको साँस लेने में तकलीफ़ है, तीने में दर्द है या भ्रूण है।
- आपका ऐसा दर्द है जो समाप्त नहीं होता है।
- चोट लगे हुए हाथ या पैर की आपकी त्वचा अथवा नाखून नीले, भूरे, ठंडे या सुन्न हैं।
- आपका प्लास्टर क्षतिग्रस्त हो जाता है या टूट जाता है।
- आप पर नए दाग पैदा हो गए हैं या प्लास्टर के नीचे से गंध आ रही है।
- आपको सूजन है, जो आपके प्लास्टर को बहुत कसा हुआ महसूस कराती है।

यदि आपके कोई प्रश्न या आपकी कोई चिंताएं हैं, तो अपने डॉक्टर या नर्स से बात करें।

यदि आपके कोई प्रश्न या चिंताएं हों तो अपने डॉक्टर या नर्स से बात करें।