

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

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 Livewell Southwest

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Information & Advice

Clavicle Fracture

Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

This leaflet gives advice for clavicle fractures.

Introduction

You have a broken (fractured) collar bone. It is one of the most frequently fractured bones.

The treatment is:

1. Rest with a sling / collar and cuff **and**
2. Painkillers such as paracetamol and / or ibuprofen (as long as not allergic) **and**
3. Time.

What can I expect?

Expect the collar bone to be painful for about four to six weeks.

A sling will help to reduce the pain at the fracture site, as will the painkillers prescribed by the Nurse Practitioner in the MIU. You may find it more comfortable to sleep sitting up a little for a few days after the injury.

The 'bump' over the fracture is quite normal and is produced by healing bone. It may take up to one year to disappear.

You may return to sports such as swimming as soon as comfortable, but should avoid contact sports (such as football, rugby and basketball) for six weeks.

Fracture Clinic

If you have any of the following symptoms, please contact the Fracture Clinic at Derriford Hospital:

1. Pain at the fracture site after six weeks.
2. Persistent tingling or abnormal sensation in the arm or hand.

Fracture Clinic:

Tel: 01752 792538