

Healthy tips for broken bones

Avoid tobacco products

Smoking and other uses of tobacco have been shown to have a significant, negative effect on bone healing causing them to heal much slower than an individual that does not use tobacco. As a result, most physicians recommend some type of smoking or tobacco cessation program. If you are an active smoker or tobacco user, consult your doctor about smoking and tobacco use cessation and give yourself every opportunity for a speedy recovery.

Maintain a well-balanced diet

A well-balanced diet acts to provide sources of energy and nutrition for optimal growth and development. In order for your bones to heal properly, many doctors advise a balanced healthy diet of fruits, vegetables, dairy and grains, as well as meats and beans. Consult your physician for a guide to the food pyramid.

Talk to your doctor

Tell your doctor about all other medical conditions you might have. Many people don't realize that there are several medical conditions that if uncontrolled could inhibit your ability to heal. For example, diabetes, osteoporosis and obesity are all conditions that could negatively impact your ability to heal.

Increase your daily supply of calcium

Milk isn't just for growing children. Many doctors recommend taking a daily multi-vitamin containing vitamin D or a calcium supplement to facilitate the bone healing process. Provide your body with a sufficient supply of calcium and you can give your body an essential element in helping your bones heal. Make sure if you take any vitamins or supplements that you consult with your physician first. Only he/she can make sure you are taking advantage of every opportunity to have a speedy recovery.

Only take pain relievers as directed

For a variety of biological reasons, many pain relievers (eg, NSAIDs, or nonsteroidal anti-inflammatory drugs) may actually inhibit your body's ability to mend your broken bone. Therefore, take prescription pain relievers only if prescribed by your physician. As with any medication, watch for any allergic reaction and do not drive or operate machinery until you know how the medication is going to affect you. Only take medications prescribed by your attending physician.

Get plenty of rest

Rest is crucial to bone healing. It might even be necessary to forgo some daily activities in order to give your body time to heal. Therefore, do not push your limits by lifting heavy objects or by trying to increase your range of motion without first consulting your treating physician; these abilities will come naturally with time, but make sure to ask your physician if you are doing everything possible to help your fracture to heal.

Surround yourself with a supportive environment

Many physicians recommend that having a good attitude and surrounding yourself with positive friends and family during the healing process will help make your recovery a more positive experience. Stay engaged in your recovery and remain mentally active until your body can 'catch up'.

Comply with post surgery rehabilitation programs

Your physician may give you a list of dos and don'ts in order for your fracture to heal properly. If a range of motion regimen or instructions on weight bearing exercise is prescribed to you, make sure to follow it closely to provide every opportunity for successful healing.