

Fracture Clinic and Emergency Department

## Clavicle Fracture Discharge Advice

Children aged 10 years or younger



Your child, or the child you are looking after, has fractured (broken ) his/her clavicle (collar bone). This type of break is common in children and usually heals well.

Pain relief and a sling are all the treatment that is needed.

Your child will need to use the sling for about two weeks after the injury to help reduce the pain. If they can move their arm and shoulder and are happier without a sling then there is no need to use one.

The area could be painful for between 4 – 6 weeks.

It is important to give your child pain relief such as paracetamol or ibuprofen, check on the label for the appropriate dose.

Your child may find it more comfortable to sleep sitting upright for a few days after the injury.

Your child may return to sports such as swimming as soon as they are comfortable, but should avoid contact sports, such as football, rugby and basketball, for six weeks.

There will be a lump over the broken bone. This is quite normal, and is produced by healing bone. It may take up to a year to disappear. In older children, the bump may remain.

Please contact fracture clinic for advice or follow up appointment if your child is experiencing any of the following :

- 1- pain at the site of the fracture (break) after 6 weeks*
- 2- persistent tingling or altered sensation in the arm or the hand*

**Should you have any worries or concerns following discharge from the emergency department, please contact either the fracture clinic Monday to Friday 09:00 to 16:00 on 01553 613672 or for urgent problems please return to the emergency department at the hospital.**