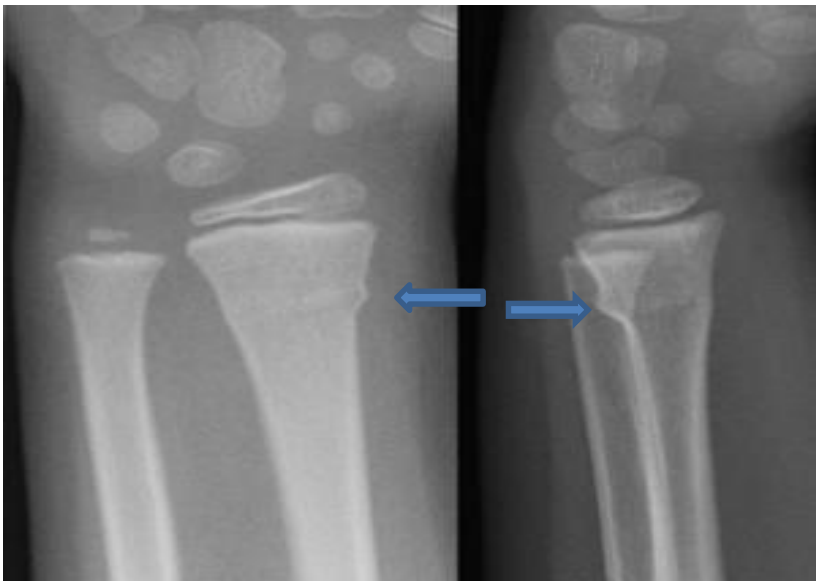


Buckle fracture discharge advice

Children 10 years or younger



Your child, or the child you are looking after, has suffered a 'Torus' or 'Buckle' fracture (broken bone) of his/her wrist.

This is the most common type of fracture (broken bone) in young children.

Young bone is still soft and very flexible. For this reason, instead of breaking all the way through, the bone has a small crack or kink on one side only.

This type of fractures heals very well in a simple and easy to apply splint rather than plaster.

Most of these fractures heal perfectly well if the splint is worn for 3 weeks and there is no need to repeat the x-ray .

It is important to give your child appropriate doses of paracetamol or ibuprofen to help with the pain as it may still be sore for a short period after the application of the splint.

It is best to avoid sports and rough play when wearing the splint and for the week or two after its removal.

The splint can be removed for bathing/showering without risk to the fracture.

After 3 weeks the splint can be removed, and simple day to day activities should be encouraged.

If after 3 weeks the wrist still seems very sore, swollen, or your child is not willing to use it, please contact the Fracture clinic for advice or to arrange follow-up.

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.