

## Torus “Buckle” Fractures Discharge Advice



Your child has suffered a ‘Torus’ or ‘Buckle’ fracture (*Break*) of their wrist.

This is the most common type of fracture 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 injury heals very well in a half cast or removable splint rather than a cumbersome full plaster.

Most of these injuries heal perfectly well if the splintage is worn for **3 weeks**.

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

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

After 3 weeks the wrist can be a little sore and stiff after being in the splint. Try to start gently using the arm as normally as possible from now on. Use a simple painkiller such as paracetamol or ibuprofen if required.

However - if after 3 weeks the wrist still seems very sore, swollen, or the child is not willing to use it contact the Fracture clinic to arrange follow-up.

If the child removes the splintage before the 3 weeks and appears to be comfortable and can use the arm freely then there is no reason to force them to wear the splint for the full 3 weeks.

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

### Should you have any worries or concerns following discharge from your local hospital, please contact:-

	Royal Oldham	Rochdale Infirmary
<b>Fracture Clinic</b> (8.30 am to 4.30pm)	<b>0161-627 8888</b>	<b>01706-517247</b>
<b>Emergency Department</b> (out of hours)	<b>0161-624 0420</b>	<b>01706-517 000</b>