

Paediatric Clavicle Fracture



**ACCIDENT & EMERGENCY
DEPARTMENT DISCHARGE
ADVICE**

Paediatric Clavicle Fracture:

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E) or Urgent Care Centre (UCC).

Your child has suffered an injury. Secondary to this injury your child has sustained a fracture to their Clavicle (Broken Collar Bone). These two names mean the same thing. The clavicle bone is part of the bone structure to the shoulder.

- This type of fracture is common in children.
- This type of fracture heals well.
- The only treatment required will be a sling and the use of regular pain killers
- Avoid sudden movements.
- We would expect the collar bone to be painful for 4-6 weeks. Hopefully reducing after the first 2 weeks.
- Your child might find it more comfortable sleeping in the upright position supported by pillows. They may only need this for a few days after the injury.
- Your child's shoulder and arm can be taken out of the sling and moved gently as comfort allows. This will usually be about 2 weeks after the injury or sooner if comfortable.

- You may notice a lump/bump over the fractured bone. This is normal and can be produced by healing bone. It may take up to 1 year to disappear. If your child is above the age of 10 there could be a lump/bump present forever.
- Your child can return to gentle sports such as swimming as soon as he/she is comfortable. You should avoid physical and impact type sports such as football, rugby and basketball – this should be for the full 6 week period and more if necessary.

WHAT SHOULD I DO NOW?

- Rest the shoulder joint with the sling on.
- Apply Ice or something cool every 2 hours for 20 minutes for the next 24-48 hours, ensure the Ice or frozen peas are wrapped in cloth or a towel, **DO NOT APPLY DIRECTLY TO SKIN** as this could cause a burn.
- Take simple pain killers such as paracetamol and /or ibuprofen which can be purchased from a chemist or shop.
- Take medication according to manufacturer's instructions.

FOLLOW UP: There will be no routine follow up for patients with this type of injury and fracture. If after six weeks you are still experiencing

- Significant pain or swelling
- Still unable to use shoulder normally

PLEASE CONTACT US FOR FURTHER ADVICE

If you notice any of the above or have any concerns please attend your local Accident & Emergency department.

Fairfield General Hospital – 0161 778 2896 / 0161 778 2891
Rochdale Urgent Care Centre – 01706 517302 / 01706 517799
North Manchester General Hospital – 0161 720 3623 / 0161 720 2617

EMERGENCY DEPARTMENT
TEL: 0161 627 8926
THE ROYAL OLDHAM HOSPITAL
ROCHDALE ROAD, OLDHAM. OL12JH