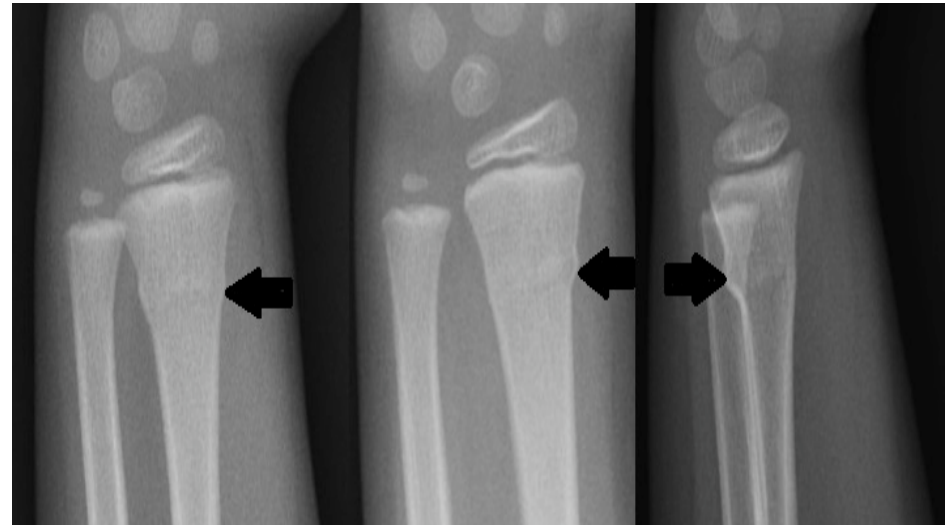


Torus “Buckle” Fractures



**ACCIDENT & EMERGENCY
DEPARTMENT DISCHARGE
ADVICE**

Torus “Buckle” Fractures

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 he/she has suffered a ‘torus’ or ‘Buckle’ fracture of their wrist (Broken wrist). These two names mean the same thing.

This is one of the most common types of fractures in young children. These fractures will heal very well.

Typical Torus “Buckle Fracture



Young bones are still soft and very flexible. Due to this reason, instead of breaking all the way through the bone, the bone has a small crack or kink in one side only.

This type of fracture heals very well using a removable splint. Very occasionally we would apply a below elbow cast.



Most of these injuries heal perfectly well if the splintage is worn for 3-6 weeks. Wear it during the day and whilst sleeping.

WHAT SHOULD I DO NOW?

- Rest the affected limb with the splint on.
- Apply Ice or something cool every 2 hours for 20 minutes for the next 24-48 hours, ensure the Ice or frozen peas is wrapped in cloth or a towel, **DO NOT APPLY DIRECTLY TO SKIN** 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.

The removable splint can be removed for bathing/showering without risk to the fracture. Just ensure the unprotected wrist is not used. Then re-apply the splint straight away. Your child's wrist will be sore even after application of the splint.

We advise after 3 weeks to remove the splint and try to start using the wrist as normally as possible. Your child's wrist can still be sore and stiff after being in the splint. Continue with pain relief as required.

If your child is still suffering ongoing pain and reduced range of movement, splint the arm for a further (1–2 weeks). If the pain is not settling then you will require further assessment at your local A&E or UCC.

If your child removes the splint before the end of the 3 weeks and appears to be comfortable and can use the wrist freely and normally, there is no reason to force them to wear the splint any longer.

It is best to avoid sports and rough and tumble play when wearing the splint. Continue to avoid the same for a further 2 weeks after removing the splint.

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 struggling to use wrist 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

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