

Orthopaedic Department
Patient Information

Health & care
information
you can trust

The Information Standard  Certified Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

Author: Mr Simon Garrett
Role: Orthopaedic Surgeon
Publication Date: 01/16
Review Date: 01/19

Discharge advice following a Torus “Buckle” fracture of the wrist



Hospital Number:

Date of attendance:

- Your child has suffered a Torus ‘Buckle’ fracture (break) of their wrist
- This is the most common type of fracture in young children
- Young bone is still soft and 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, usually within 3 weeks
- It is important, if necessary, 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
- If your child has a splint, it can be removed for bathing / showering without risk to the fracture
- If your child has a plaster cast, it needs to be kept dry when bathing / showering
- After three weeks encourage your child to start using the arm as normal as possible
- It is best to avoid sports and rough and tumble play when wearing the splint / plaster, and for a week or two after the splint / plaster has been removed
- If after 3 weeks the wrist seems very sore or swollen, or if your child is not willing to use it, please contact the number below

If the pain gets worse or lasts more than six weeks, or you are concerned about your child’s wrist please contact us on: 01305 255498 Monday to Friday 9:00 – 17:00 and quote ‘ED fracture’.