

Orthopaedic Department
Patient Information

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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

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Discharge advice following a paediatric (Children's) clavicle fracture



Hospital Number:

Date of attendance:

- Your child has fractured (broken) their clavicle (collar bone)
- This type of fracture is common in children
- This fracture heals well – the treatment is painkillers and a sling
- The collar bone may be painful for up to 4 to 6 weeks
- Your child may find it more comfortable to sleep sitting upright for a few days after the injury
- The shoulder and arm can be moved out of the sling as comfort allows. This will usually be about 2 weeks after the injury but can be sooner if comfortable.
- The 'bump' over the fracture is quite normal and is produced by healing bone. It may take up to one year for it to disappear. If your child is older than 10 a small bump may remain.
- Your child may return to sports such as swimming as soon as comfortable but should avoid contact sports (such as rugby, football and basketball) for 6 weeks

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