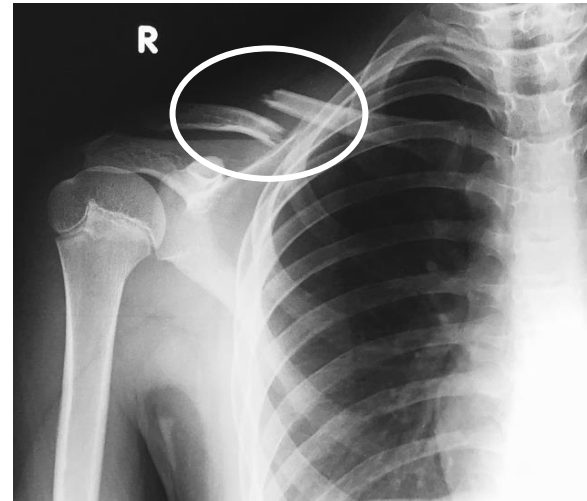




## Discharge advice following a Paediatric Clavicle Fracture (10 years & under)



- Your child has fractured (broken) their clavicle (collar bone)
- This injury is common in children and heals well with painkillers and use of a sling.
- In rare cases, the fracture can pierce the skin. **Attend the Emergency Department urgently if you are concerned about the skin around the fracture site.**
- The collar bone may be painful for 4 to 6 weeks.
- Your child may find it more comfortable to sleep sitting upright for a few days.
- The arm can be moved out of the sling for washing and dressing as comfort allows.
- The sling is usually not needed for longer than 2 weeks.
- A 'bump' over the fracture is normal. It is produced by healing bone and will smooth out over the next year. In older children a minor bump may remain but is nothing to worry about unless it is painful.
- Your child may return to gentle activities such as swimming as soon as comfortable but should avoid high impact sports (such as rugby, football and gymnastics) for 6 weeks.

**If the pain gets worse, lasts more than 6 weeks, or your child has not regained full movement within this time please contact us on the details below.**

### Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

#### Virtual Fracture Clinic:

**01305 253305, Monday – Friday 09.00-16.00**  
[VFCTriage@dchft.nhs.uk](mailto:VFCTriage@dchft.nhs.uk)

## About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [patientinformation.leaflets@dchft.nhs.uk](mailto:patientinformation.leaflets@dchft.nhs.uk)



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