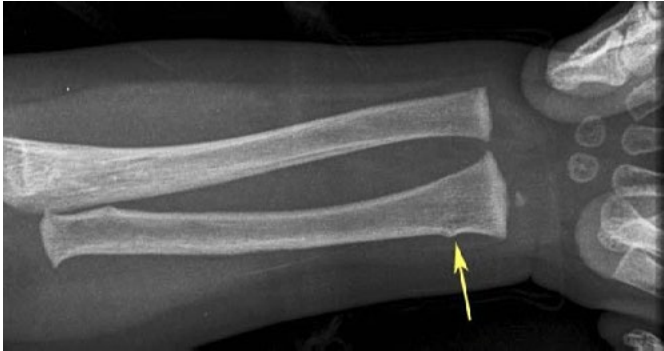


Discharge advice following a Torus (buckle) fracture

Information for parents from the Emergency Department

Please only follow this information if you have been referred to the Virtual Fracture Clinic by a member of the Emergency Department staff

- Your child has suffered a 'torus' or 'buckle' fracture (break) of their wrist.
 - This is the most common type of fracture in young children.
 - Young bone is still soft and very flexible; for this reason, instead of breaking all the way through, the bone has a small crack or kink on one side only (see x-ray).
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- This type of injury heals very well in a simple and easy to apply splint, rather than a cumbersome plaster.
 - Most of these injuries heal perfectly well if the splint is worn for three weeks.
 - It is important to give your child appropriate doses of paracetamol or ibuprofen to help with their pain, as their wrist will still be sore for a short period even after the application of the splint.
 - The splint can be removed for bathing/showering without risk to the fracture.
 - If after three weeks your child's wrist is still a little sore and stiff after being used, the splint can be reapplied for comfort. Do this for short periods only, as it is best to try to start gently using the arm as normally as possible from now on. Use a simple painkiller such as paracetamol or ibuprofen, if needed.



- However, if after three weeks their wrist still seems very sore, swollen, or your child is not willing to use it, please contact the Virtual Fracture Clinic to arrange a follow-up.
- If your child removes their splint before the three weeks and appears to be comfortable and can use their arm freely, then there is no reason to force them to wear the splint for the full three weeks.
- It is best to avoid sports and rough and tumble play when wearing the splint and for a week or two after it has been removed.

What if I have any further questions or concerns?

If you have any worries or concerns following discharge from hospital, please contact one of the Virtual Fracture Clinics.

Virtual Fracture Clinic	Emergencies only (Monday to Friday)	General enquiries (Monday to Friday)	Contact number	Email
William Harvey Hospital, Ashford	9am to 12.30pm	12.30pm to 5pm	07929 87 83 50	ekh-tr.VFCWHH@nhs.net
Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate	9am to 12.30pm	12.30pm to 5pm	07929 87 82 83	ekh-tr.VFCQEQM@nhs.net

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation