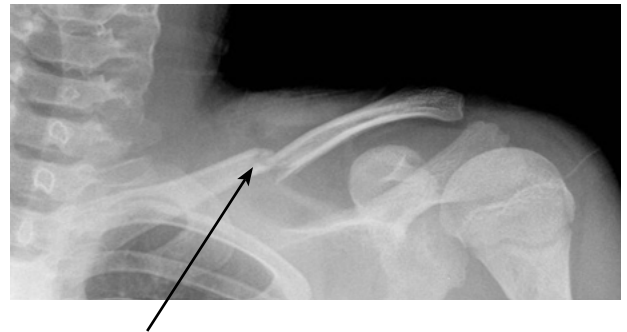


Discharge advice following a paediatric (child) clavicle fracture

Information for parents from the Emergency Department

What is my child's injury?

Your child has broken their clavicle (collarbone).



Fractured clavicle (collarbone)

How will my child's injury be treated?

This type of fracture heals well; the only treatments needed are a sling and painkillers. The sling gives support to their arm whilst their bone heals.

For the first few days regular painkillers (such as paracetamol or ibuprofen) may be used, but after this period only take them when needed.

Your child may find it more comfortable to sleep sitting upright for a few days after their injury; this is fine.

Their shoulder and arm can be moved out of the sling as comfort allows. This will usually be two weeks after their injury but can be sooner if comfortable for them.



How long does it take to recover?

Their collarbone will be painful for four to six weeks. The “bump” over the fracture is quite normal and is where the bone is healing itself. This usually takes a year to settle as the bone grows. In children over the age of 10 a small bump may remain.

When can my child return to their normal activities?

Your child may return to sports such as swimming as soon as they are comfortable. However they should avoid contact sports (such as football, rugby, and basketball) for six to eight weeks depending on their symptoms.

When should I ask for further help?

If your child is still having issues two to three months after their injury, please contact the Virtual Fracture Clinic for further advice.

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 parents

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