

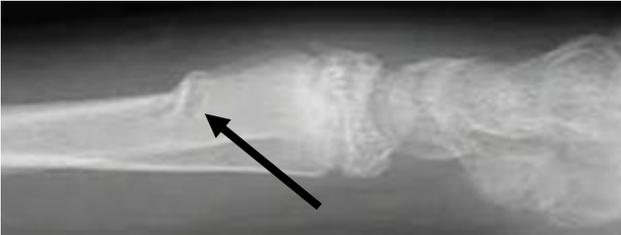
# Torus or buckle fracture of the wrist

**This leaflet offers more information about torus or buckle fracture of the wrist. If you have any further questions or concerns, please speak to the staff member in charge of your care.**

## What is a torus or buckle fracture and why has my child got one?

A torus or buckle fracture of the wrist is the most common type of fracture in young children, often caused by falling onto an outstretched hand.

Young bone is still soft and very flexible, so the bone does not break all the way through, but cracks or kinks on one side – this is what we call the 'buckle'.



## What are the signs and symptoms?

Your child may not want to use their arm as it may be swollen and painful. It may also change shape slightly.

## Will my child need any tests to confirm the diagnosis?

Sometimes an X-ray may be needed to confirm the diagnosis and guide your child's treatment.

## What treatments are available?

A simple splint or a plaster is normally worn for three weeks.

## What happens if my child does not get treatment?

They may have discomfort especially straight after the fracture.

## Is there anything I can do to help my child?

Give your child paracetamol or ibuprofen at the right doses when they need it, as their wrist will be sore for a while after their splint is put on.

Your child should avoid sport and rough play while wearing the splint and for one or two weeks after it has been taken off.

You can take the soft plaster or splint off at home after three weeks.

No further X-rays are needed.

If your child's wrist still seems very sore or swollen after three weeks in their cast, or they aren't happy using their wrist, contact the fracture clinic for a follow-up appointment.

If your child removes the splint before three weeks and seems comfortable using their arm freely they can leave it off.

## Contact us

If you have any questions or concerns about your child's torus or buckle fracture of the wrist, please discuss them with your surgeon or nurse practitioner at your clinic appointment, or contact the fracture clinic on 020 8672 1255 (Monday to Friday, 9am to 5pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

