

Buckle Fracture

This leaflet offers more information about buckle fractures. If you have any further questions or concerns, please speak to the staff member in charge of your child's care.

What is a buckle fracture?

A buckle fracture is where a small area of bone in the wrist has become compressed. This is a minor injury that only requires treatment in a wrist splint for three weeks.

Does my child need any tests to confirm the diagnosis?

Your child would have had an X-ray which would have shown us the break in their wrist.

What treatments are available?

A wrist splint is the only treatment needed for a buckle fracture. The splint can be taken off daily for routine hand hygiene (e.g. hand washing, bathing or showering) but should be put back on again soon afterwards. The splint can be completely removed after this three week period.

We expect this injury to heal quickly and without problems. Wrist movements may be a little stiff and sore at first, but should be expected to recover. Your child will not require physiotherapy.

Is there anything I can do to help my child?

Pain is usually not severe; but if needed, Calpol (paracetamol) or Nurofen (ibuprofen) can be used. Please follow the instructions on the medicine packet and do not exceed the recommended dose.

Your child should stay away from rough play and contact sport for six weeks as there is a small risk of re-fracture. He / she is however encouraged to return to gentle activities like swimming as soon as comfortable.

When to seek further help?

Your child will not require follow-up at the hospital or by your GP; however, if you have any concerns or he / she develops any of these symptoms:

- pain at the site of fracture after six weeks
- tingling or abnormal sensation in the hand

then please telephone: 020 8725 4951 / 0352 or 020 8725 1331 and ask for an appointment at the next paediatric fracture clinic.

Contact us

If you have any questions or concerns, please contact the Emergency Department on 020 8725 2666 and ask to be put through to the Paediatric Emergency Department.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit 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 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** 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

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

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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