

Buckle Fracture

This leaflet provides information about buckle fractures. If you have any further questions, 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 the bone in the wrist has become compressed. This is a minor injury that only requires treatment with a bandage. This injury is treated like a sprain and will not cause any long term problems.

Does my child need any tests to confirm the diagnosis?

Your child would have had an X-ray.

What treatments are available?

Buckle fractures heal well by themselves. A bandage can be applied to the wrist and most children will start to use their wrist and hand comfortably after a couple of weeks. They can use their hand as much as they would like but should not do anything that causes them pain or discomfort. If the child wears a bandage this should be removed whenever the wrist becomes more comfortable and certainly by three weeks. When moving the wrist in the next few weeks they may complain of mild stiffness and aching. This is normal and should settle down quickly.

Is there any follow up required?

There is no follow up required.

All your child's X-rays will be reviewed by a specialist to check your child has been given the right treatment and ensure there are no other problems. The specialist will contact you if they

have any concerns, so please check that we have your correct details.

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 be allowed to return to sporting activities, physical exercise and rough play as soon as the pain and discomfort settles.

When should I seek further help?

Your child will not require follow-up at the hospital or by your GP however, if you have any concerns or s/he 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.

Reference: Perry et al. Immobilisation of torus fracture of the wrist in children (FORCE): A randomised controlled equivalence trial in the UK. The Lancet, Vol 400, Issue 10345 p.39-47 July 2022.

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 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.

