

# Clavicle Fracture

**This leaflet provides information about clavicle fractures. If you have any further questions or concerns, please speak to the staff member in charge of your care.**

## **What is a clavicle fracture?**

A clavicle fracture is a broken collarbone (clavicle). This is a common childhood fracture and is best treated with rest in a sling.

We expect this injury to heal well. The 'bump' over the break is normal and is produced by the healing bone. It may take about a year to disappear. If your child is older than 10, a small bump may remain but it is not expected to cause any problems with use of his / her arm.

## **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 clavicle.

## **What treatments are available?**

Your child has been provided with a broad arm sling to help this fracture heal. He / she should wear it continuously for the next three weeks. After three weeks it can be discarded if he / she is no longer in discomfort.

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

It is expected that your child will have pain for the first three weeks but this should improve with time. You can give your child simple painkillers like Calpol (paracetamol) and Nurofen (ibuprofen) - please follow the instructions on the medicine packet and do not exceed the recommended dose.

Your child may find it more comfortable to sleep sitting up a little for the first few days after the injury.

We would recommend that your child stays off rough play and contact sport for three months 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 with 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
- persistent tingling or abnormal sensation in the arm or hand

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](http://www.stgeorges.nhs.uk)**

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### **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](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

### **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://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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