

Collar bone fractures in children

Information for parents and carers

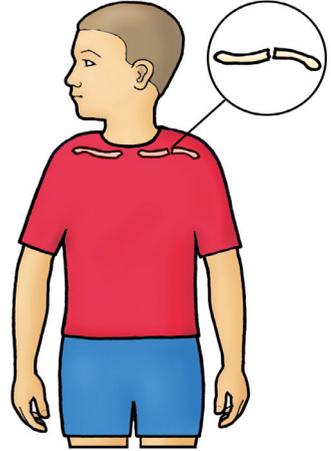


Leeds children's
hospital

caring about children

Your child has a broken collar bone (also called the clavicle).

This is one of the most commonly broken bones in the body.



Will it be painful?

- The injury can be very painful at first but will settle down over time
- Pain is caused by the broken ends of the bone rubbing together. Keeping the arm still will help to reduce the pain
- The sling that you have been given in the Emergency Department along with painkillers such as paracetamol (Calpol) and ibuprofen will help with the pain
- The pain is often worse at night-time. Sleeping propped up on pillows for the first few nights may help.

Why does my child need a sling?

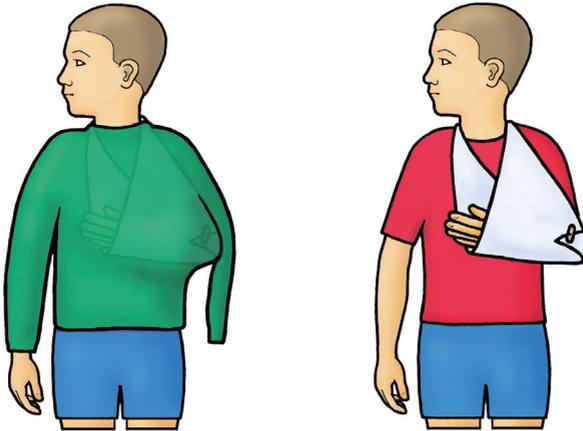
- The sling will help with pain by helping to keep the broken bone still.
- The sling will help to improve the healing process of the broken bone.

What if my child removes the sling?

Some younger children will remove their sling - this is nothing to worry about. They can be allowed to use their arm as pain allows, but you must ensure they do not take part in rough play or activities.

How long does my child need to wear the sling for?

- The sling needs to be worn for one week under a snug fitting jumper or t-shirt
- The sling then needs to be worn for one week on the outside of the jumper or t-shirt.



- After two weeks, the sling should no longer be needed and gentle movements of the arm can begin.
- Your child can go to school as normal but should wear the sling as directed above. They should not take part in PE, sport, trampolining or rough activities for a total of six weeks.
- After two weeks, you can encourage gentle movement of the arm and your child can take part in non-contact activities such as swimming.

What symptoms should I look out for?

- There may be redness and bruising over the collar bone for the first two weeks.
- A lump over the collar bone may develop which may be painful to begin with but will become hard and painless over time. The lump may be present for several months after the injury - in younger children the lump may gradually become smaller; however, in older children the lump may remain.

When should I contact medical advice?

- If your child has an extraordinary amount of pain.
- If the skin around the bruising appears to be breaking down.
- If there is constant tingling or altered sensation (pins and needles) in the arm on the affected side.
- If your child has any difficulty breathing or feels short of breath.

No follow-up appointment required

Your child's x-ray will be reviewed in the virtual fracture clinic by our Orthopaedic Consultant's and you will not need any follow-up in the fracture clinic. You will receive a phone call from the Nurse Specialist.

Who to contact if you have any problems

- Children's Orthopaedic Team **(0113) 392 8570** (Monday - Friday, 8.00am - 5.00 pm). Please note messages are picked up daily and we aim to get back to you within 24 hours.
- Paediatric Emergency Department **(0113) 392 5549**.