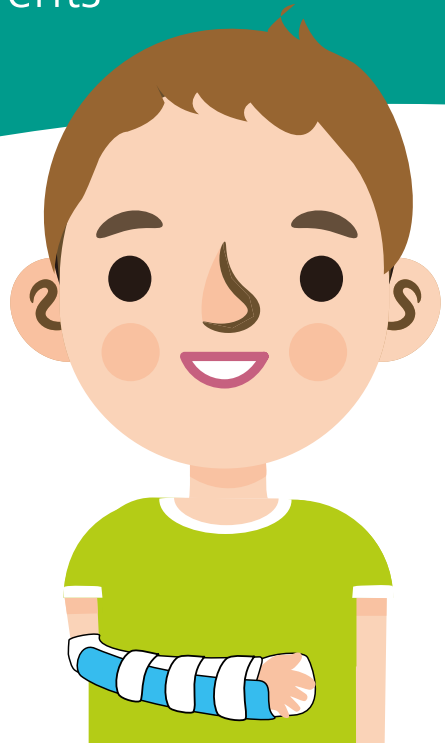


Simple Greenstick Forearm Fractures

Information for parents
and carers



leeds children's
hospital

caring about children

Dear Parent/Guardian,

Your child has sustained a simple break, called a greenstick fracture, to one or both of the bones of their forearm. The Doctor has confirmed this.

What is a greenstick fracture?

A greenstick fracture occurs when the bone bends and cracks a little bit on one side instead of breaking completely or through and through. This is common in children due to their bones being softer and more flexible than adults. These fractures are stable and heal well.

What happens next?

A temporary plaster cast called a backslab will be applied in the emergency department to support the arm and help with the pain.

Your child will be given an appointment in the Trauma and Orthopaedic plaster room where the backslab will be completed into a full soft cast to protect the bone while it heals.



Your child may have some pain which will gradually settle over a few days. Rest and elevation can help. Your child may need simple painkillers such as Paracetamol (Calpol) or Ibuprofen (follow the dosage instructions) for the first few days after the injury, which can be bought from your local pharmacy or supermarket.

Your child can go back to nursery / school as soon as they feel comfortable and happy to do so.

What happens after the full soft cast is applied?

You will be able to go home straight after.

Your child will then be discharged back to the care of your family doctor as no follow up appointment required.

The fracture will heal well in three to six weeks and we will explain when it is time to remove the cast. Until then, keep the cast clean and dry, avoiding placing anything inside it.

The cast can be removed at home as explained to you (see relevant leaflet).

High impact sporting activities, physical education and trampolining should be avoided for another 4 - 6 weeks and there is usually no need to follow-up with a further x-ray as these fractures heal well.

When to seek urgent help?

If your child develops severe pain, change in colour of the fingers (white or blue), numbness or pins and needles, and inability to move the fingers, it may be that the plaster cast too tight.

If any of these signs occur, rest and elevate the limb for 30 minutes. If symptoms persist even after elevating the limb for 30 minutes, take your child immediately back to the hospital Emergency department.

You should contact us (see below) if your child is struggling to mobilise out of the cast or is struggling to go back to their sports 12 weeks after the injury.

Useful contact numbers

If you have any questions or concerns, please contact:

Children's Orthopaedics Nurse Specialist Team

(Monday - Friday, 8.00 am - 5.00 pm)

Tel. **0113 392 8570**

Plaster Room, Leeds General Infirmary

Monday - Friday, 8.30 am - 5.00 pm)

Tel. **0113 392 5717**



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