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Discharge advice for a child's clavicle (collar bone) fracture



Issued by the Orthopaedic Department

Your child has broken their clavicle (collar bone). This type of break is common in children, and usually heals well.

What happens next?

An orthopaedic trauma consultant (a doctor who specialises in fractures) will review your child's x-rays. If any other treatment is needed, or if we need to see your child for review in the fracture clinic you will be contacted by phone or letter in the next five working days. If nothing further is required we will not contact you, however if you have any concerns please call the helpline number in this booklet.

Shoulder sling

Painkillers and a sling are all that are needed.

Your child will need to use the sling for about two weeks after the injury. They can move their arm and shoulder and do without the sling sooner if they are able to.

The collar bone will be painful for 4 – 6 weeks.

Painkillers

It is important to give your child appropriate doses of paracetamol or ibuprofen to help with the pain. Ask your pharmacist for advice about this.

Sleeping

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

When can my child return to regular activities?

Your child may return to sports such as swimming as soon as they are comfortable, but should avoid contact sports, such as football, rugby and basketball, for six weeks.

There will be a lump over the broken bone. This is quite normal, and is produced by healing bone. It may take up to a year to disappear. If your child is older than ten years a small lump may remain.

If your child is still experiencing a lot of pain after two months, please phone the helpline for further advice.

We wish your child a speedy recovery.

If you have any worries or concerns, please contact us on the helpline:

Monday - Friday, 9am - 3:30pm 01670 529431

After hours and weekends, if you need urgent advice contact:

Wansbeck General Hospital 01670 529884

North Tyneside Hospital 0191 2932515

**Northumbria Specialist
Emergency Care Hospital 0191 6072100**

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

PIN 677/V3

Review date: November 2020

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