

Discharge advice for a child's torus (buckle) distal radius fracture



Issued by the orthopaedic department

Your child has suffered a 'Buckle' fracture, a break, of their wrist. This is the most common type of fracture in young children. Children's bones are still soft and very flexible. For this reason, instead of breaking all the way through, the bone has a small crack or kink on one side only. This type of injury heals very well in a simple and easy to apply splint rather than a bulky plaster.

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.

Wrist splint

Most of these injuries heal perfectly well if the splint is worn for three weeks.

The splint can be removed for bathing/showering without risk to the fracture.

If your child removes the splint before the three weeks, appears to be comfortable, and can use their arm freely, then there is no reason to force them to wear the splint for the full three weeks.

If, after three weeks, their wrist is a little sore and stiff after being used, the splint can be reapplied for comfort. Do this for short periods only, as it is best to try to start gently using the arm as normally as possible from now on. Use a painkiller as needed.

Painkillers

Your child's wrist will be sore for a short period even with the use of a splint.

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.

Ongoing pain

If after three weeks the wrist still seems very sore, swollen, or your child is not willing to use it contact the helpline for further advice.

When can my child return to regular activity?

It is best to avoid sports and rough and tumble play when wearing the splint and for the week or two after its removal.

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: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

www.northumbria.nhs.uk



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