

Notes

Contact details

Paediatric Emergency Department

Royal Surrey County Hospital
Egerton Road
Guildford
GU2 7XX

Telephone: 01483 571122

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Clavicle fractures

Paediatric Emergency Department



Patient information leaflet

What is a Clavicle Fracture?

- Your child has been diagnosed with a fracture of their clavicle.
- You may hear this referred to as a clavicle fracture or a broken collar bone – these all mean the same thing and there is no need to worry.
- This is a common injury after a fall onto the shoulder or an outstretched arm in children.
- It is common in this injury for the ends of the broken bone to be out of alignment. There is often a lump over the fracture.

What is the treatment for a clavicle fracture?

- Clavicle fractures are treated with a removable supportive sling.
- This should be worn all of the time for the first three days.
- After this, it can be removed for bathing or showering but should be worn the remainder of the time for at least two to three weeks.
- The sling can be removed at home and normal movement encouraged.
- If your child removes the sling, reapply it and try taping the straps or bandaging over it with a simple crepe bandage.

What should I expect through the healing process?

- There may be bruising around the area. This can track down the arm or chest and change colour. The bruising can take more than eight weeks to completely resolve.
- It is normal to feel some movement of the fracture in the first few weeks whilst it is healing.
- There may be a lump over the fracture. This is the healing bone and should not be a cause for concern. Although the lump may get smaller or disappear over the next 12 months, it can be permanent. The lump should not affect how the arm or bone functions.

What medicines should the child or young person be given?

- Simple painkillers such as paracetamol should be given when needed as the area may be sore for a few weeks.

Can the child/young person go to school?

- It is fine to attend nursery or school while wearing the sling.

When can the child or young person play sport/do PE again?

- All sports, in particular contact sports and rough play should be avoided for at least eight weeks to reduce the risk of re-injury to the fractured bone.

What follow up will be required?

- No routine follow up is required for these injuries as they heal well with a short period of rest in a sling
- You will be contacted by the hospital if it is felt that your child may require follow up as all X-rays are reviewed by an orthopaedic doctor the next working day.
- The shoulder and base of the neck may be a little sore and stiff after the sling is removed and the child begins to use it again – this is normal and should settle after a few days.
- If the clavicle is still significantly swollen or painful after three weeks in the sling or you are concerned at any time, please call Children's A&E on **01483 571122** for advice.