

Discharge Advice:

Paediatric (Children) Clavicle Fracture

Trauma and Orthopaedics

Patient Information Leaflet

Your child has fractured their clavicle (collar bone).

This type of fracture is common in children.

- This type of fracture heals well – the only treatments required are painkillers and a sling.
- We would expect the collar bone to be painful for four – six weeks.
- Your child may find it more comfortable to sleep sitting upright for a few days after the injury.
- The shoulder and arm can be moved out of the sling as comfort allows. This will usually be about two weeks after the injury but can be sooner if comfortable.
- The 'bump' over the fracture is quite normal and is produced by healing. It may take up to one year to disappear. If your child is older than ten years a small bump may remain.



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

If you are still experiencing significant symptoms after several months, please phone the Emergency Department as listed below for further advice.

Should you have any queries or concerns following discharge from hospital, please contact:

Emergency Department:
Royal Lancaster Infirmary: 01524 583100

Leaflet Details

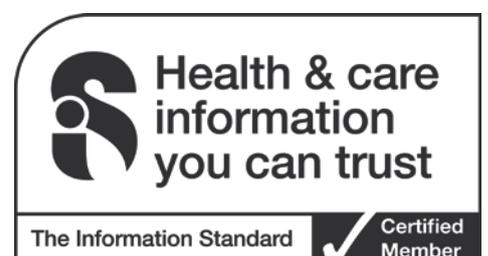
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Other formats

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

Travelling to our hospitals

For the best way to plan your journey visit our website:

<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

Useful Contact Details

NHS 111 (for 24 hour urgent health advice): telephone 111

Your Information

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

Evidence

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

With thanks to Glasgow Royal for their kind permission to use content from their leaflet 'Paediatric Clavicle Fracture'.

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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