

Discharge Advice:

Paediatric Torus ("Buckle") Fracture

---

**Trauma and Orthopaedics**

**Patient Information Leaflet**

- Your child has suffered a 'torus' or 'buckle' fracture (break) of their wrist.
- This is the most common type of fracture in young children.
- Young bone is 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 cumbersome plaster.
- Most of these injuries heal perfectly well if the splint is worn for three weeks.
- It is important to give your child appropriate doses of paracetamol or ibuprofen to help with the pain as it will still be sore for a short period even after the application of the splint.
- The splint can be removed for bathing/showering without risk to the fracture.

If after three weeks the 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 simple painkiller such as paracetamol or ibuprofen if required.

However, if after three weeks the wrist still seems very sore, swollen, or the child is not willing to use it, contact the Emergency Department at the number below to arrange follow-up.

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

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

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

**Emergency Department:**  
Royal Lancaster Infirmary: 01524 583100

## Leaflet Details

**Approved by:** PD & ILG

**Date of Publication:** 07/03/2018

**Reference Number:** Ic00011230 / PIL092

**Author:** John Butterworth/Glasgow Royal

**Review Date:** 01/03/2021



## **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 'Torus/Buckle 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.

*University Hospitals of Morecambe Bay Trust: a great place to be cared for; a great place to work.*