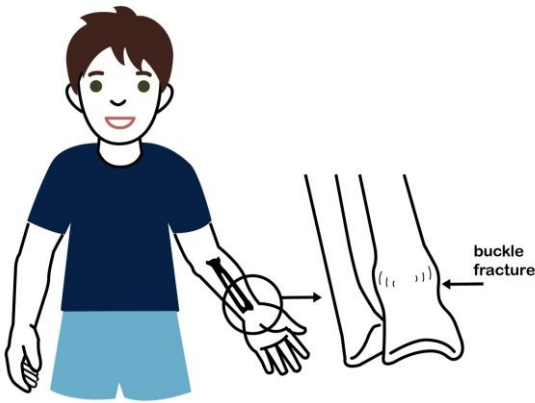




Royal Manchester Children's Hospital Paediatric Emergency Department

Information for Patients and Carers

Buckle Fracture of the Wrist



Your child has sustained a buckle fracture (a type of break) of their wrist.

This is a common injury in children as their bones are still soft and flexible and instead of breaking all the way through, they can just kink on one or both sides.

This type of injury heals very well without the need for a plaster cast or hospital follow-up.

Your child may experience some discomfort in the first few days and you can give your child simple painkillers such as **paracetamol or ibuprofen** to help with the pain. Also, your doctor may have given your child a bandage or splint to help them feel more comfortable. They can easily remove these for showering and bathing. They can wear the bandage for up to one week, or take it off earlier if they are not experiencing significant pain.

The wrist may be a little stiff once the bandage or splint is taken off, so encourage them to start using their arm gently as soon as they can. They can re-apply their bandage or splint for short periods if this is more comfortable. It is best to avoid all sports and rough play for the first three weeks.

These injuries heal well, therefore there is no need to reattend the hospital for follow-up.

Useful contacts

If your child is experiencing any significant pain or if you have any concerns and would like more advice about your child's injury, please telephone or email the Paediatric Orthopaedic Department:

☎ 0161 701 5356

✉ vfc.rmch@mft.nhs.uk

Please leave a detailed message including your child's full name and date of birth and you will be contacted. For an emergency that cannot wait until the next working day please contact the Paediatric Emergency Department on 0161 701 9102.