

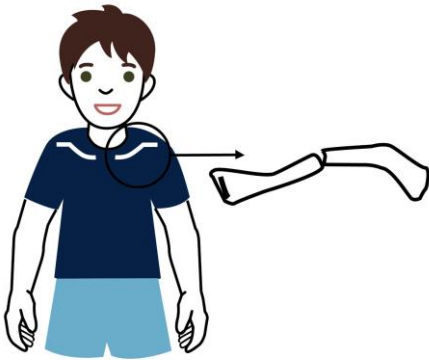


Royal Manchester Children's Hospital Paediatric Emergency Department

Information for Patients and Carers

Clavicle Fracture

Collar bone fracture



Your child has a fracture (a break) of their clavicle.

These heal well using a simple sling to support the arm for 2 to 3 weeks. This can be removed for showers and then put back on. The sling can be worn whilst sleeping and they may sleep best in a slightly upright position with their arm propped up on a pillow.

Younger children may not tolerate the sling. The sling provides good pain relief but if your child refuses to wear it, this is ok as their clavicle will still heal well without it.

It is important to give your child appropriate doses of **paracetamol or ibuprofen** (widely available from pharmacies and supermarkets) to help with any pain.

Encourage your child to gently move the elbow, hand and fingers whilst in the sling. Gentle shoulder movement can begin when the sling is removed.

Your child may return to swimming as soon as they feel comfortable, but all contact sports should be avoided for 6 weeks after the sling comes off.

You may notice a small bump over the collar bone where the fracture is healing, which may take up to a year to disappear.

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

Useful contacts

However, 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:

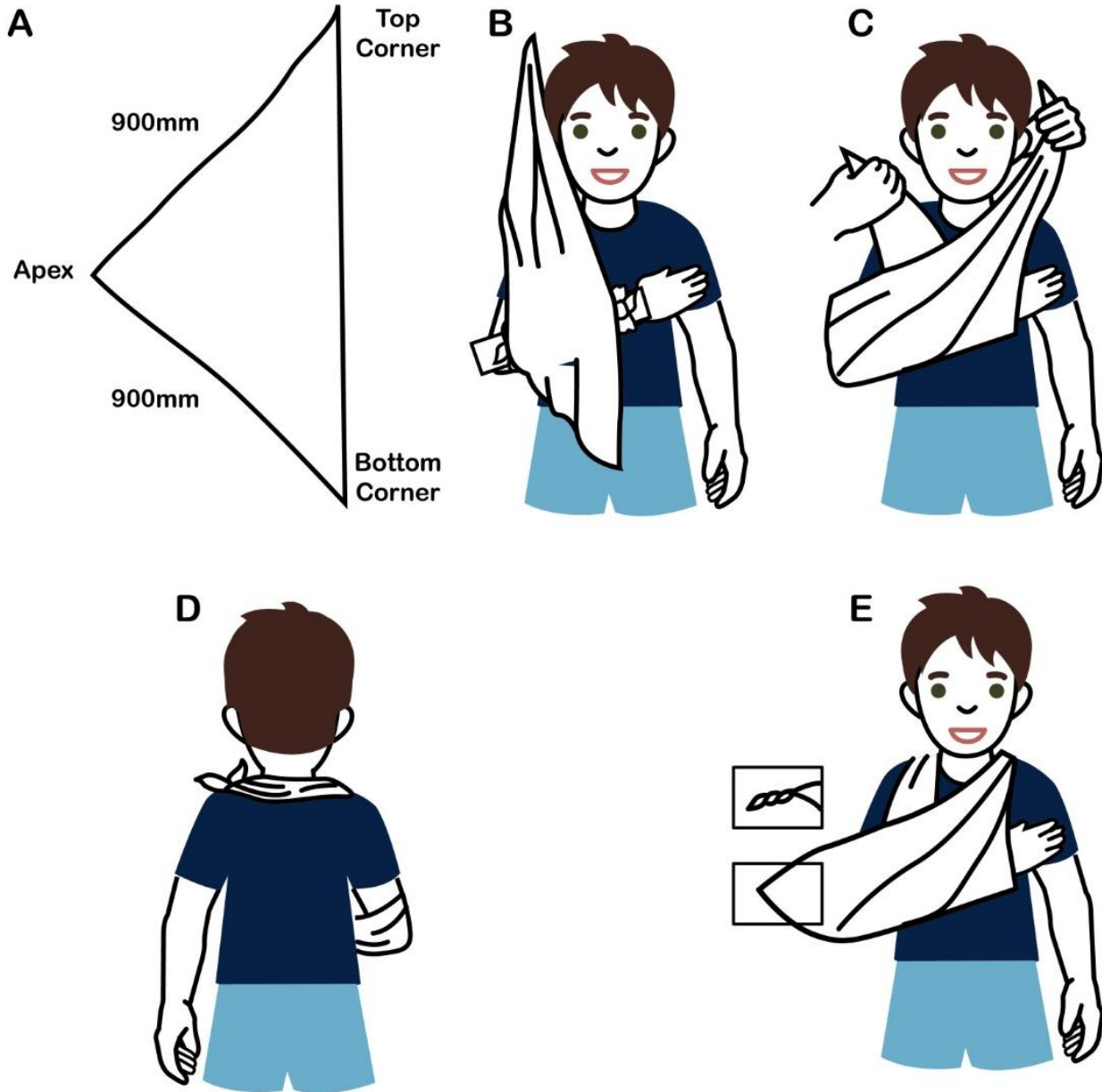
0161 701 5356

 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: 0161 701 9102.



How to re-apply your child's triangular sling:



Make sure that your child's fingers are above the level of their elbow. This will ensure that their clavicle and shoulder is being well supported.

