



## Royal Manchester Children's Hospital Paediatric Emergency Department

### Information for Patients and Carers

# Simple Hand Injury



Your child has sustained an injury or a fracture (a break in the bone) of their finger or hand.

This type of injury heals well in strapping or a splint that is simple and easy to apply and will be provided by the Paediatric Emergency Department. It is recommended to wear this for up to two weeks. If your child takes part in sporting activities, we recommend wearing the strapping for an additional two weeks.

Contact sports should be avoided for a total of 6 weeks if they had a fracture in their hand.

If your child has injured their writing hand, please ask their school if they can provide a temporary iPad or other electronic device.

Your child may experience discomfort over the hand and, therefore, it is important to give your child appropriate doses of **paracetamol or ibuprofen** (widely available from pharmacies and supermarkets) to help with any pain and to follow any instructions given on discharge from the Paediatric Emergency Department.

It is advisable to start exercising the fingers following the injury. Gently opening and closing the hand will **prevent joint stiffness and speed up recovery**.

These injuries heal well and quickly, 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 or 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](mailto: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.