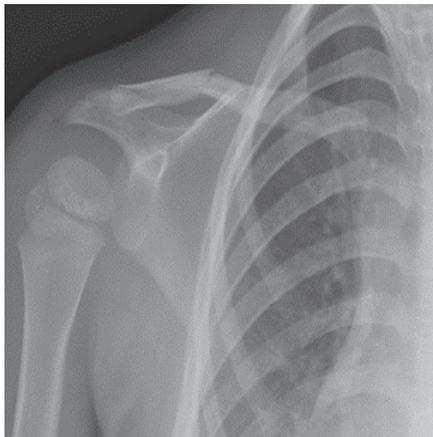


# Collar Bone Fracture in Children

**Information for patients**

Your child has been diagnosed as having a break in their collar bone, also known as a Clavicle Fracture.

This is a break in the clavicle or collar bone. Your child's clavicle or collar bone break will be similar to this x-ray.



### **Is it painful?**

Initially the injury is painful and your child will not be using their arm much but this will improve with time.

The pain is caused by the movement of the bones and the two broken ends rubbing together.

### **What can we do to help?**

Keeping the arm still will decrease the pain so we will apply a broad arm sling and this also helps with the healing process.

### **What can you do to help at home?**

Simple pain relief- for example paracetamol and / or ibuprofen can be beneficial. (These should be used as directed on the packet) It may be painful when your child goes to bed, so try propping them up with a few pillows.

## **What if my child removes the sling?**

Some younger children struggle to wear a sling, this is not a major problem, they will only move their arm as much as pain allows. However, ensure they are not involved in rough play or activities. The sling can be removed for baths or showers as pain allows.

## **How to wear the sling?**

For the first week wear the sling underneath a tight fitting jumper or t-shirt for extra support.

On the second week wear the sling on the outside of clothing.

After 2 weeks you can remove the sling and start gentle movement as pain allows. Some children take a little longer.

Your child can still attend school. However rough play and Physical Education (PE) and other contact sports should be avoided for 6 weeks.

## **Things to expect**

Initially there may be some redness and bruising over the area this is nothing to worry about and will go with time.

A lump may appear this is a callus (healing bone) in younger children this may get smaller or even disappear. In older children the lump may remain.

Most children have a complete recovery and there is no need for repeat x-rays or follow up. However if you have any concerns please contact us or your GP.

## **Consult a doctor if:**

- Your child is in excessive pain after having painkillers.
- They are experiencing shortness of breath.
- Constant pins and needles in the affected arm.
- The skin is breaking down.

## Contact Details

### Accident and Emergency Reception:

#### Pinderfields Hospital

01924 541763

#### Pontefract Hospital

01977 747573

#### Dewsbury and District Hospital

01924 816099

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: 01924 542972 or email: [\*\*pals@midyorks.nhs.uk\*\*](mailto:pals@midyorks.nhs.uk)

To contact any of our hospitals call: **0844 811 8110**  
To book or change an appointment call: 0844 822 0022

[\*\*www.midyorks.nhs.uk\*\*](http://www.midyorks.nhs.uk)

**1828a**

Published Jan 2017  
Review Date 2020



**SMOKE FREE**  
hospital

**cleanyourhands**<sup>®</sup>  
campaign

