

Discharge advice following attendance with a

Paediatric (children's) Clavicle Fracture



DISCHARGE ADVICE FOLLOWING ATTENDANCE WITH A PAEDIATRIC (CHILDREN'S) CLAVICLE FRACTURE

- ❖ Your child has fractured their Clavicle (Collar Bone).
- ❖ This type of fracture is common in children.
- ❖ This type of fracture heals well - the only treatments required are painkillers and a sling.
- ❖ We would expect the collar bone to be painful for 4 - 6 weeks.
- ❖ Your child may find it more comfortable to sleep sitting upright for a few days after the injury.
- ❖ The shoulder and arm can be moved out of the sling as comfort allows. This will usually be about 2 weeks after the injury but can be sooner if comfortable.
- ❖ The 'bump' over the fracture is quite normal and is produced by healing bone. It may take up to one year to disappear. If your child is older than ten years a small bump may remain.
- ❖ Your child may return to sports such as swimming as soon as comfortable, but should avoid contact sports (such as football, rugby and basketball) for six weeks.
- ❖ If you are still experiencing significant symptoms after several months, please phone the fracture clinic helpline as listed below for further advice.

Should you have any worries or concerns regarding your injury, or if the pain lasts more than three weeks, please contact:

- ❖ **Fracture Clinic:**
Hairmyres - 01355 584462
(Monday to Friday 8:30am to 5:30pm)
Monklands - 01236 714012
(Monday to Friday 8.30am to 5.30pm)
Wishaw - 01698 752005
(Monday to Friday 9am - 4:30pm)
- ❖ **Outside these times, please contact:**
Hairmyres - 01355 584716
Monklands - 01236 712711
Wishaw - 01698 366614



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NHS Lanarkshire General Enquiry Line:
0300 3030 243

NHS inform - The national health information service for Scotland.
www.nhsinform.scot
Tel No: 0800 22 44 88

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