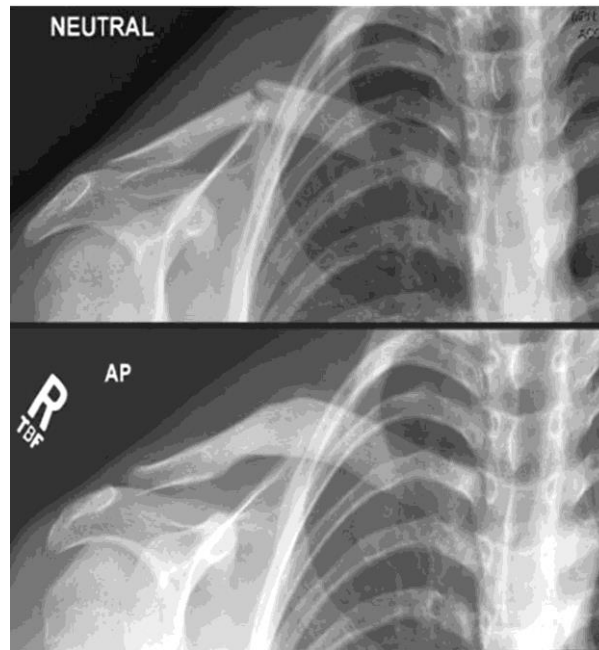


## Clavicle Fractures in Children - Discharge advice

(Collar bone fracture)



### Facts about fractures of the clavicle (Collar bone):

- This is a very common injury in children.
- Most of the time it heals well without any complications using simple painkillers and a sling. However, it can be painful for 4-6 weeks.
- Your child may find it more comfortable to sleep sitting upright for 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 from the injury but it can be sooner.
- Your child may return to sports such as swimming as soon as comfortable. Avoid contact sports (Football, Rugby, Basketball, etc.) for 6 weeks from the date of the fracture as there is a risk of further damage.
- The 'bump' over the fracture is normal and is produced by healing bone. It may take up to one year to disappear. If your child is older than 10 years a small bump may remain.
- As these fractures typically heal well without any issue they do not need routine follow up or imaging.
- If you're concerned in the first 2 months after injury please call Switchboard on 0300 614 5000 and ask for the 'Trauma co-ordinator' at Wexham or Frimley Park Hospital (depending on your initial attendance). After 2 months please contact your GP.