



Accident and Emergency Department

Treatment of a Wrist Buckle fracture and

Discharge information for parents and carers

Introduction

Your child has sustained an injury of the wrist bone which your doctor has diagnosed as a "Buckle Fracture".

This injury is treated like a sprain and will not cause any long term problems.

Treatment

We have provided your child with a wrist support (splint) to make them more comfortable and to reduce the chances of further injury.

The splint should be worn day and night for three weeks and should only be removed for washing.

If your child removes the wrist support before three weeks, simply re-apply it

Most children start to use their wrist and hand again whilst still wearing the splint. They should be allowed to use the hand as much as they want, but shouldn't do anything that causes them pain or discomfort.

Sporting activities, physical exercise and rough play should be avoided for another three weeks to avoid the risk of re-fracture. Therefore your child should not take part in these activities for a total of six weeks

Follow up appointments

Under normal circumstances we will not need to see your child again.

All X-rays are reviewed by our Radiologists. If there is any concern there may be a more serious injury, you will be contacted to return for a follow up appointment.

Things to look out for when your child goes home

Your child may have discomfort in their wrist which should settle over a few days. They may require simple pain killers.

If they remain in pain contact the Accident and Emergency Department for advice.

There may also be minimal swelling of the wrist which should settle in a few days.

When first removing the splint after three weeks your child may complain of mild stiffness and aching. This is normal and should settle down quickly.

Who to contact for further details

If your child has problems whilst wearing the splint or for two weeks after the splint has

been removed please contact the Accident and Emergency Department for advice.

0151 228 4811 ext 2060

This fact sheet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this fact sheet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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