

Emergency Department

## Treatment of a Clavicle (Collar Bone) Fracture and Discharge Information

For parents and carers

### Introduction

Your child has sustained a break (fracture) to their collar bone. There is no specific treatment needed for this injury except for rest and time, and it commonly heals well in children.

### Treatment

We have provided your child with a sling to make them more comfortable. The sling should be worn during the day time for three weeks. Your child may find it more comfortable to sleep sitting slightly upright for a few days after the injury. Healing will carry on beyond this and can take up to four to six weeks, depending on your child's age.

Pain killers such as paracetamol and/or ibuprofen are often required regularly in the first few days and then as needed afterwards. **Never exceed the recommended dose for your child.**

- Encourage your child to move their wrist, fingers and elbow while in the sling.
- The arm can be let out of the sling and the elbow slowly extended (straightened) and then flexed (bent) before returning to the sling.
- As the pain eases your child can start moving their shoulder when their arm is out of the sling, starting with back and forth swinging movements.
- Infants and toddlers can usually start these shoulder movements after a few days and older children after about a week.

You may notice a 'bump' over the fracture. It 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.

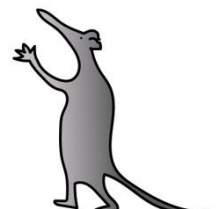
Your child may return to sports such as swimming after three weeks if it comfortable for them to do so. Rough play, climbing or swinging and contact sporting activities (such as football, rugby, physical education (P.E.)) should be avoided for six weeks.

### Follow up appointments

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

All X-rays are reviewed by our Radiologists. If your child needs further clinical management, you will be contacted to return for a follow up appointment.

If your child is still experiencing pain after six weeks, please contact the Emergency Department on 0151 228 4811 ext. 2060

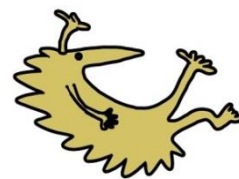


This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

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

Alder Hey Children's NHS Foundation Trust  
Alder Hey  
Eaton Road  
Liverpool  
L12 2AP

Tel: 0151 228 4811  
[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)



© Alder Hey

Review Date: July 2024

PIAG: 049

