Discharge advice: paediatric clavicle fracture

Information for parents and carers

This sheet answers common questions about paediatric clavicle fractures. If you would like further information, or have any particular worries, please do not hesitate to ask your nurse or doctor.

Your child has fractured their clavicle (collar bone). This type of fracture is common in children and heals well. The only treatment required is painkillers and a sling.

We would expect the collar bone to be painful for four to six 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 two weeks after the injury, but can be sooner if comfortable.

A bump over the fracture is quite normal and is produced by healing bone. It may take up to a year to
disappear. For children older than ten a small bump may remain.

Your child may resume non-contact sports, such as swimming, as soon as comfortable, but should avoid full or limited-contact sports, such as football, rugby, or basketball for six weeks.

If your child is still experiencing significant symptoms after several months, please call the fracture clinic helpline on the numbers listed below for further advice.

If you have any worries or concerns following discharge from hospital, please contact the virtual fracture clinic at the hospital you attended:

- **For Barnet Hospital:**
  - Phone on 020 8216 4445, 9am to midday, Monday-Friday, or leave a voicemail outside of these hours.
  - Email to RF-TR.barnethospitalvfc@nhs.net

- **For the Royal Free Hospital:**
  - Phone on 020 7472 6222, 9am to midday, Monday-Friday, or leave a voicemail outside of these hours.
  - Email to RF-TR.royalfreehospitalvfc@nhs.net.

- Attend the emergency department or your local walk in centre outside of these hours.
Assessment in the virtual fracture clinic

Our fracture clinics have been redesigned to offer you a safe and effective process for assessing your broken bone(s).

Coming to a traditional fracture clinic can be unnecessary in many cases, and often difficult due to the pain and immobility you may experience.

It can be apparent at the time of your first fracture clinic appointment that the opinion of a specialist is required.

This can now be provided at our virtual fracture clinic. The ‘virtual’ clinic is the hub of the new assessment process.

Your x-ray(s) and initial assessment documentation will be reviewed in the virtual fracture clinic by the orthopaedic team within 72 hours of your attendance at the emergency department.

You will not need to attend the hospital for the assessment to take place.

A trained, experienced orthopaedic nurse or physiotherapist will contact you by telephone after this assessment to discuss your treatment or provide advice. They may also arrange a follow-up appointment at the most appropriate clinic.
Date of your assessment:

An orthopaedic nurse or physiotherapist from the virtual fracture clinic will call you at some point between the hours of 9am and midday.

Please ensure the hospital has your correct contact details prior to leaving the emergency department and that you are available to receive this call. If you are not available on the telephone a message will be left where possible.

Patients and their GPs will receive a letter outlining the assessment and outcome.

If you have any questions, please contact the virtual fracture clinic at the hospital you attended using the contact details above.

Acknowledgment and references

We would like to thank Glasgow Royal Infirmary for allowing us to reproduce their leaflet. If you require a full list of references for this leaflet please email RF-TR.royalfreehospitalvfc@nhs.net.

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please ask a member of staff.

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