



Collar Bone Fractures in Children

Collar Bone (Clavicle) fractures are very common in children and whilst the injury is painful it heals well and is not associated with any long term problems.

Initially there may be redness and bruising over the collar bone but this will settle. A lump may develop over the collar bone which may initially be painful and can be present for several months. In some older children the lump may never quite disappear.

Treatment

- Slings – help with the pain by keeping the broken bones still and help with the healing process
- Painkillers – Paracetamol (Calpol) and Ibuprofen will help with the pain
- Sleeping – the pain can be worse at night time but sleeping propped up on pillows for the first few nights may help
- No follow-up is required as these injuries heal well.

Slings

The sling should be worn for one week under a snug fitting t-shirt or jumper



The sling needs to be worn for a further one week on the outside of clothing.



After two weeks the sling should no longer be needed and gentle movement of the arm can begin.

If your child removes the sling and refuses to wear it this is nothing to worry about and they can use their arm as pain allows.

Your child can go to school as normal wearing their sling as directed above. They should not take part in PE, sport or rough play activities for six weeks.

Things to look out for:

Please bring your child back to the Emergency Department if they develop any of the symptoms below:

- Extraordinary amounts of pain despite painkillers
- The skin around the bruising appears to be breaking down
- There is constant tingling, pins and needles or numbness in the affected arm
- There is any difficulty breathing or feeling short of breath

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.