

FRACTURED PAEDIATRIC COLLAR BONE (CLAVICLE)

This information leaflet is designed to provide general information and education on your child's fractured collar bone.

If you are ever unsure about the information or advice you have received please either:

- Ask a staff member
- Visit your local GP – your GP can contact the Orthopaedic Virtual Fracture clinic if required
- Contact 13 HEALTH (13 432584)
- Contact Ipswich Hospital Outpatients Department on 3810 1217

General Information

- Your child has sustained a fracture of their collar bone.
- This is a very common injury and generally heals very well.
- The pain and tenderness in your child's collar bone should gradually settle as the healing process occurs.
- It is important to follow advice given in person in addition to this information sheet to promote full recovery.

Management

- Your child's collar bone fracture will be managed in a broad-arm sling.
- The sling should be worn until the pain settles down. It should not be worn for longer than 6 weeks. You should see your GP when you think your child is ready to come out of the sling.
- Your child should gradually return to full activities over the 4-6 weeks **after** you take the sling off.
- This type of injury does not need repeat x-rays, unless you are concerned your child is experiencing significant pain at the 6 week mark.

Pain Relief

- Paracetamol and/or ibuprofen are excellent pain relief medications.
- They **must** always be taken as per dosage instructions on the packet or as advised by your pharmacist.
- **Do not** give medications which your child may be allergic to.
- If you have any difficulty administering pain relief medications, please contact your local pharmacist, GP or call 13 HEALTH (13 432584).

Worries/Concerns

If at any point you are concerned, please contact:

- Your local GP
- Phone: 13 HEALTH (13 432584) – Available after hours
- Contact Ipswich Hospital Outpatients Department on 3810 1217