

Paediatric (Children's) Clavicle Fracture



Your child has suffered a fracture (break) of their clavicle (collar bone).

- This is a common type of fracture in young children. It heals well and the only treatments required are painkillers and a sling for comfort.
- The collar bone will be painful for between two and six weeks.
- Your child's arm can be moved out of the sling as comfort allows for dressing and washing.
- The sling can be removed completely as soon your child is happily using their arm as normal.
- A bump will appear over the broken bone. This is normal and a sign of bone healing. It will reduce over time but may take several months to do so.

What activities can your child do:

- Your child can return to school as soon as you and the school are happy.
- Your child should avoid contact sports for at least six weeks but can do gentle sports, such as swimming, as soon as comfortable.

If your child has symptoms beyond six weeks, please contact us on the number below for advice.

Office Hours

Monday to Friday 9am to 4pm
01392 402269

If you have any urgent concerns out of hours, you can find help at NHS 111 (dial 111) or by proceeding directly to your local Emergency Department where the on-call trauma service can review you.

**Princess Elizabeth
Orthopaedic Centre
Fracture Service**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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