



Patient Information

Paediatric (children's) clavicle fracture

Your child has fractured their clavicle, also known as the collar bone.

This type of fracture is common in children and normally heals well.

We would expect the collar bone to be painful for four to six weeks after the injury. Your child can use the sling, apply ice to the injured area for up to 20 minutes every two to three hours and take regular pain relief which can be brought over the counter, remember to always read the pack instructions.

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. Starting this as soon as your child is able is important as it will prevent the joints from getting stiff. Try and wean them out of the sling completely by four weeks.

The 'bump' over the fracture is quite normal and is produced by healing bone. It may take up to one year to disappear. If your child is older than 10 years a small bump may remain.

Your child may return to sports such as swimming as soon as comfortable but should avoid contact sports and rough play for approximately six weeks.

If your child is experiencing significant symptoms after several months please contact the Orthopaedic and Fractures clinic for a follow up appointment.



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For more detailed information about your condition, general advice and any relevant rehabilitation exercises go to:

1. www.gwh.nhs.uk
2. Wards and services
3. Select V-Virtual Fracture clinic



Should you have any worries or concerns following discharge, please contact:

The Orthopaedic and Fracture Clinics
Tel: 01793 605312
Monday – Friday 08:30am-5:00pm

Outside these times you can leave an answer phone message, please include the child's name, date of birth, contact number and the Hospital or NHS number if you know it.

Out of hours
Urgent Treatment Centre
01793 606480
or
NHS 111

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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