



INFORMATION FOR PARENTS / CARERS

Fractured Clavicle

What is a fractured clavicle?

Your child has a broken clavicle, also called collar bone. The clavicle connects the arm to the breast bone. This is one of the most commonly broken bones.

Treatment

Almost all clavicle fractures will heal with simple treatment.

Your child will be given a sling to wear and will need painkillers as this injury can be very painful at first but settles down over time.

Why is it painful?

Pain is caused by the ends of the broken bone rubbing together and keeping it still will reduce this pain.

At night sleeping with a pillow to support the arm can often help reduce pain.

Why does my child have to wear a sling?

Wearing a sling helps to keep the broken bone still and assist with the healing process.

Keeping the bone still will reduce the amount of pain your child experiences.

Some children may take off their sling. This is ok for short periods and they can be allowed to move their arm but should not do any rough play or activity.

When should my child wear the sling?

Your child should wear the sling for two weeks to help keep it still and reduce the pain. The first week it can go under a jumper or t-shirt. For the second week it can be worn on the outside of clothes.

Your child should keep the sling on as much as possible in the first two weeks to support the shoulder and encourage union. This includes wearing the sling at night.

If this is not comfortable your child can sleep without the sling and use extra pillows to support the arm which should help with comfort.

What to expect?

There will be some redness and bruising around the broken bone to start with which will get better as it heals.

After a while a lump may develop and become hard over time. This is normal and means the bone is healing. This can be present for a while after the bone has healed. In younger children it can gradually disappear but sometimes in older children a lump will remain. This is not something to be concerned about.

What next?

Your child is ok to go to school as normal. They should not take part in any sports, rough activity or PE for a total of 6 weeks. After the first two weeks in a sling they can begin gentle movements and start to do non-contact activities like swimming.

When to seek medical advice

If your child experiences any of the following, please see a doctor.

- Difficulty breathing or feeling short of breath
- If there is pins and needles (tingling) or a funny feeling down the arm on the fractured side
- If the skin around the bruise looks like it is breaking down
- If your child has an extreme amount of pain

Almost all clavicle fractures will heal on their own and you should not normally need to see a doctor again.

Contact details:

Emergency Department (24 hours)

Phone: 01274 364012

People with hearing and speech difficulties:

You can contact us using the Relay UK app. Textphone users will need to dial 18001 ahead of the number to be contacted.

Dial: 18001 01274 364012 – 24 hours

For further advice or if you are concerned, contact NHS 111. Calls are free from landlines and mobile phones.

Accessible Information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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