

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

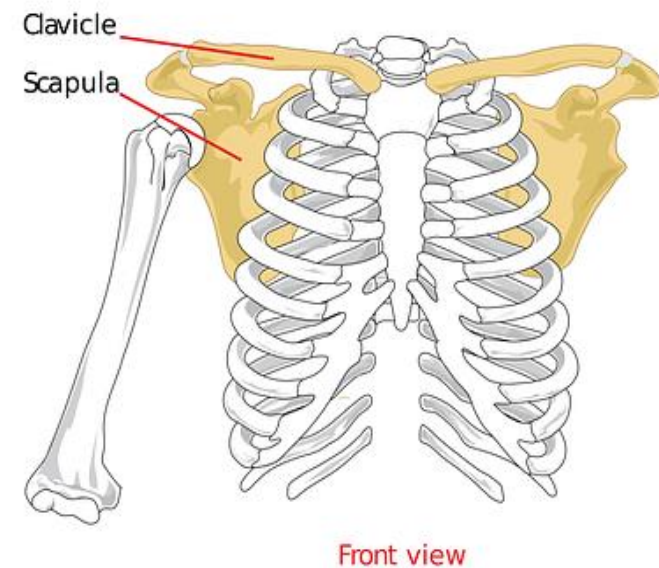
If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

### Discharge advice

### Paediatric clavicle fracture



## Information, advice and recommendations for the injury

Your child has fractured their clavicle (collar bone). This type of fracture is common in children.

This type of fracture heals well – the only treatment needed is a sling.

We expect the collar bone to be painful for around four to six weeks. 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 the sling as comfort allows. This will usually be about two weeks after the injury but can be sooner if comfortable.

The bump over the fracture is quite normal and is produced by healing bone. This may take up to a year to disappear. If your child is older than ten years, a bump may remain.



## Information, advice and recommendations from your nurses:

- When wearing the sling, monitor your child for any skin damage or red areas. If you see any please contact us (details below).
- The sling should be removed prior to your child going to sleep.
- Encourage your child to regularly move their fingers, wrist and elbow to prevent the joints becoming stiff.
- Give your child basic pain relief as needed - visit your local pharmacy or GP if you are not sure what pain relief should be given.

## Problems and further advice

A fracture liaison service is available and advice can be given over the telephone.

**If there are any issues or you have any concerns/questions, we advise you seek help.**

For appointments, letters or leaflets (non-clinical queries) please call 01623, 622515, extension 2180.

For any plaster or splint concerns, please call 01623, 622515, extension 4114.

Both can be accessed between 8am and 4pm, Monday to Friday.

**Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**