

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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.

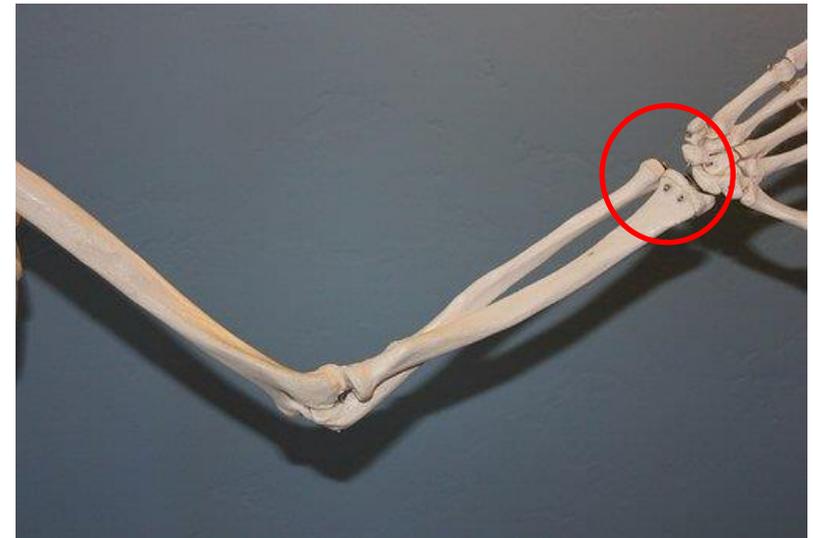
If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202310-03-DAWFC
Created: January 2020 / Revised: October 2023/
Review Date: October 2025

INFORMATION FOR PATIENTS

Discharge advice

Wrist (torus or buckle) fracture in children



Information, advice and recommendations for the injury

Your child has suffered a 'torus' or 'buckle' fracture (break) of their wrist. This is the most common type of fracture in young children.

Young bone is soft and very flexible, so instead of breaking all the way through, the bone has a small crack or kink to one side only.

This type of injury heals very well in a simple and easy to apply splint, as long as it is worn for **three weeks**. However, it can be removed for bathing/showering without risk to the fracture.

After three weeks the splint can be removed and your child can start to use the arm gently, but as normally as possible. If the wrist is a little sore and stiff, the splint can be put back for short periods for comfort.

If the wrist seems very sore, swollen, or your child is not willing to use it, please contact the fracture nurses to arrange a follow up appointment (details on the next page).

Please note:

- If your child removes the splint before three weeks and appears to be comfortable, let them use the arm freely. In these cases there is no need for them to wear the splint for the three weeks.

- It is best to avoid sports/rough and tumble play when wearing the splint and for a week or two after it has been removed.

Information, advice and recommendations from your nurses:

- When wearing the splint, check your child regularly for any skin damage or red areas. If you see any please contact us (details below).
- Encourage your child to regularly move their fingers to prevent them becoming stiff.
- Give your child basic pain killers if 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.

Call the fracture liaison nurses on 01623 622515, extension 4114, between 8am and 4pm, Monday to Friday.

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