

Patient Information
Emergency Department

**Discharge advice following
attendance with a paediatric
(children's) clavicle fracture**



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

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www.medway.nhs.uk

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

Clavicle fractures heal well – the only treatments required are painkillers and a sling.

The fractured clavicle is likely to be painful for 4-6 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 of the sling as pain allows. This will usually be about 2 weeks after the injury but can be sooner if comfortable.

As the fracture heals there will be a bump over the bone. This will disappear but can take one year to do so. If your child is older than ten years a small bump may remain.

Your child may return to sports such as swimming as soon as comfortable, but should avoid contact sports (such as football, rugby and basketball) for six weeks.

If your child is still experiencing significant symptoms after 3 months, please contact the Fracture Clinic (see below) for further advice or follow-up.



If the pain get worse or lasts more than six weeks or you are concerned about your child's collar bone, contact the fracture clinic on:

07760553994

Monday to Friday 11.00am to 5.00pm