

Caring for a buckle fracture in your child's forearm

Children's Emergency Department

Information for Patients and Carers

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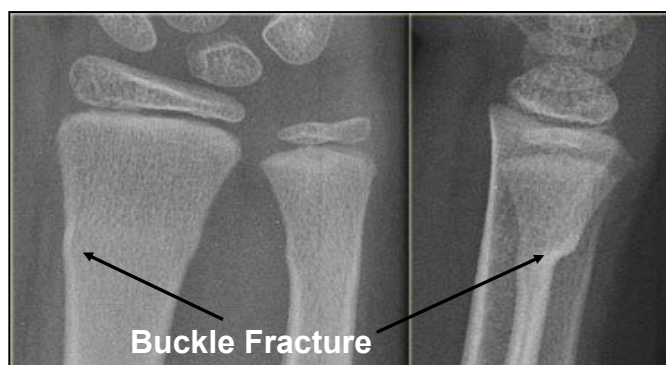
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Your child has an injury of the wrist bone which your doctor has diagnosed as a "buckle fracture".

What is a buckle fracture?

A buckle fracture is a type of break to the bone, where the bone has been squashed. Children's bones are softer than adult bones and are more likely to squash rather than break after an impact. This can result in a bulge in the bone rather than a complete break.

This injury is treated like a sprain and will not cause any long-term problems.



How are buckle fractures treated?

Buckle fractures heal so well by themselves that you do not need any special treatment.

A large scientific study that took place throughout the UK, called the FORCE study, looked into how best to treat these injuries. This study showed that children who were offered a bandage (which not all of them chose to wear) healed well and were equally as comfortable as those who were treated in a hard splint or cast.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Most children start to use their wrist and hand comfortably again after a couple of weeks. They should be allowed to use the hand as much as they want, but should not do anything that causes them pain or discomfort. If the child wears anything on their wrist (for example a bandage), then this should be removed when the wrist becomes more comfortable – and certainly by 3 weeks. When moving the wrist in the next few weeks they may complain of mild stiffness and aching.

This is normal and should settle down quickly.

Your child should be allowed to return to sporting activities, physical exercise and rough play as soon as the pain and discomfort settles.

Follow up appointments

We should not need to see your child again.

All your X-rays will be looked at by a specialist to check your child has been given the right treatment and make sure there are no other problems. They will contact you if they have any concerns, so please check that we have your correct details.

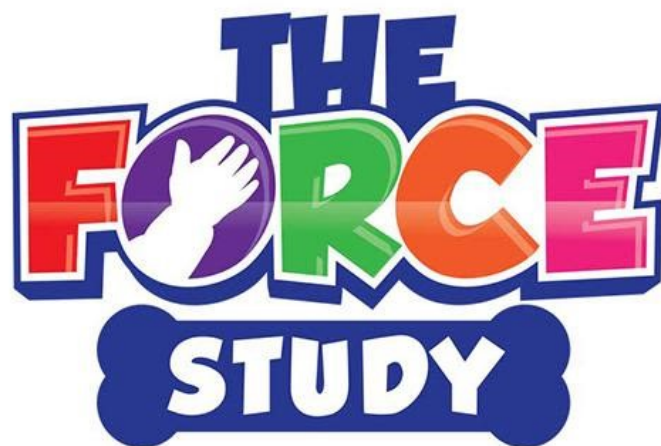
If you have any concerns about the injury or splint call the fracture clinic on 0116 258 5430

Things to look out for when your child goes home

Your child may have pain in their wrist which should settle over a few days. They may need simple pain killers (for example, those that can be bought over the counter at a chemist or pharmacy).

More information

For more details about the treatment of this injury see www.FORCEstudy.org



Information in other languages can be found at:



Arabic



Greek



Hindi



Polish



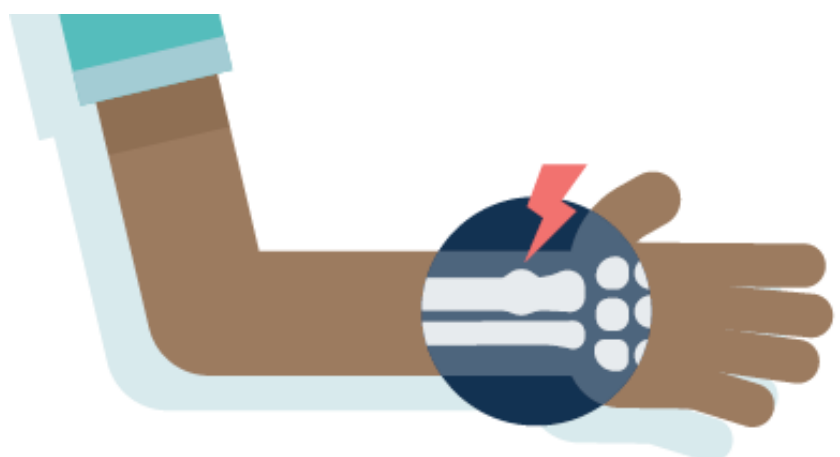
Punjabi



Romanian



Spanish



Contact details

If you have any concerns you can call the NHS helpline on 111 for advice.

Feedback

We would love to get some feedback on your visit today.

Use your smart phone to scan this QR code to go to our online feedback survey form. Or, you can go to the feedback form on our website:

<https://www.leicestershospitals.nhs.uk/patients/thinking-of-choosing-us/patient-experience/>



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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે તુમીં ઇચ જાનવારી કિમે હેર જામા વિચ ચાહુંદે હે, ઝાં વિચખા વચ્ચે હેઠાં હિંતે ગદે નંબર 'હે ટેલીફોન વચે।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk