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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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# Broken Collar Bone

## Paediatric A&E Department



# Broken Collar Bone

## Introduction

Your child has been examined following his / her accident and the doctor has decided that the collar bone has been broken. This injury is called a "fractured clavicle". Your child will have had an X-ray to confirm the diagnosis.

Your child's fracture will be treated with a simple triangular sling. The vast majority of fractured collar bones heal on their own, but the sling will provide some initial relief. It takes about 4-6 weeks for the bone to join together with the new bone.

At six weeks the bone is still softer than normal, and another six weeks is needed for the bone to become as strong as it originally was. At that stage there will be a lump that you can see and feel along the bone. This is normal and should smooth out gradually over some months, although there is a possibility that it will remain permanently.

## What Should I Do?

Give your child pain relief by administering Paracetamol or Ibuprofen. Please read and follow the dosage instructions on the bottle or packet carefully. As the shoulder becomes more comfortable the sling can be left off for short periods, initially during the day, increasing for longer periods. To begin with the arm should only be used for light activities such as washing and eating.

Your child can return to school but contact sports and vigorous sports such as rugby, martial arts, gymnastics, windsurfing etc. will not be possible for about three months.

Your child will be given an appointment for the virtual fracture clinic for follow up. If the skin over the site of the fracture looks discoloured or stretched, please return to PED.

## Further Information

Paediatric Accident and Emergency Department  
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For reassurance and advice please contact NHS Direct on: **111**

The following website gives useful advice: [www.patient.co.uk](http://www.patient.co.uk)

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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