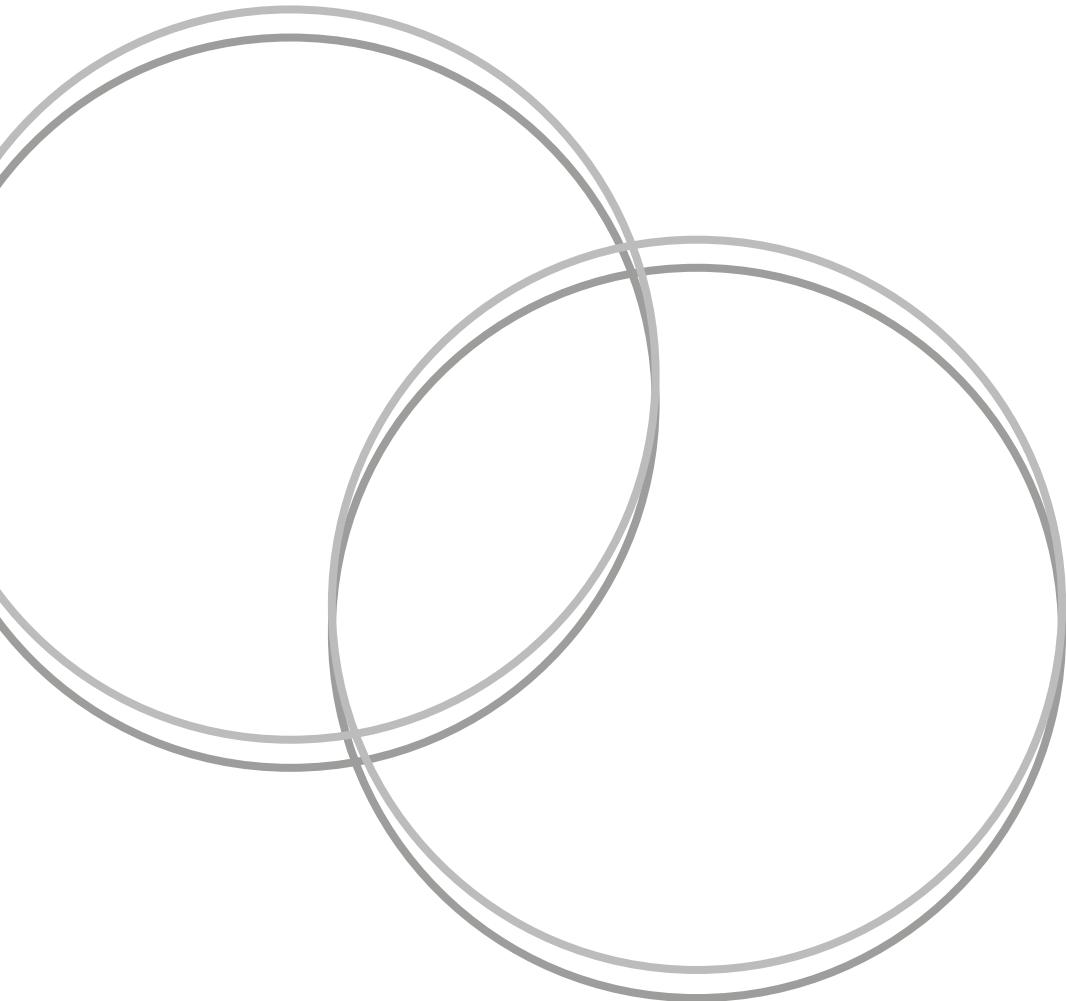


Buckle Fracture Advice

**Information for
parents and carers**



What is a buckle fracture?

Children's bones are softer than adults and are therefore more likely to bend rather than break following an impact. This can result in a bulge in the bone instead of a complete break – called a buckle fracture. Buckle fractures, also known as Torus fractures, are extremely common injuries in children. They heal very well and quickly, with low risk of further injury.

How is it treated?

Buckle fractures are treated with a splint, which promotes healing by keeping the bone stable. We advise that the splint is used for three weeks, but it can be removed earlier if your child is comfortable and pain free. The splint should also be worn when your child is sleeping, but can safely be removed for bathing and showering without any risk of damage to the fracture.

Pain relief

The splint will help to reduce the level of pain, but your child will also need to take painkillers. You can give them paracetamol and ibuprofen regularly for the first few days and then just when needed. Please read and follow the dosage instructions on the packet carefully.

How long does it take to get better?

Your child can stop wearing the splint three weeks after the injury. They may experience a slight increase in pain and stiffness at this point, but this will usually settle after a few days.

Your child can continue to use the splint for short amounts of time, to help relieve any on-going discomfort, if needed. They will need to avoid sporting activities for a total of six weeks from the date of their injury and should only take part in sport once they are pain free.

Care of the splint

With active lifestyles, splints can quickly become dirty. We recommend removing the metal support in the splint and then hand-washing the fabric as regularly as needed, leaving it to air dry. If you would like a second splint, you can purchase similar ones from chemists or online.

Further Advice

If at any point you are worried or concerned that your child is in pain, despite taking regular painkillers and wearing the splint as advised, please return to your nearest Emergency Department.

If you have any questions or concerns please contact your GP or NHS 111 (dial 111 (freephone) from any landline or mobile).

Feedback

We aim to provide you with a quality service at all times. If you have any comments, concerns or complaints about your experience at our service, please tell a member of the team or contact the Patient Advice and Liaison Service (PALS).

Email: **PALS@ouh.nhs.uk**

Call: **01865 221 473**
01295 229 259

You can also email: **feedback@ouh.nhs.uk**

For more information, please visit: **www.ouh.nhs.uk**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Jenna Burford and Simon Smith
Emergency Department

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