

Emergency Department

Clavicle Fracture

Information for parents and carers



Your child has fractured their clavicle (collar bone). This type of fracture is common in children and normally heals well – the only treatments required are painkillers and a sling.

We would expect their collar bone to be painful for four to six weeks. Your child may find it more comfortable to sleep sitting upright for a few days after the injury.

Their shoulder and arm can be moved out of the sling, as comfort allows, or if you need to bathe or change your child's clothes. After about two to three weeks they may be less reliant on the sling, but can still use it to help them feel comfortable.

The 'bump' over the fracture is quite normal and is produced by healing bone. It may take up to one year to disappear. If your child is older than ten years a small bump may remain.

Pain relief and your child

It is important to give your child appropriate doses of paracetamol and/or ibuprofen to help with the pain, as it will still be sore for a short period, even when they are wearing the sling.

Return to sport and physical activity

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

Feedback

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

John Radcliffe Hospital

PALS Office
Level 2, Main entrance
John Radcliffe Hospital
Headley Way
Headington
Oxford OX3 9DU

Tel: 01865 221 473

Email: PALS@ouh.nhs.uk

Horton General Hospital

PALS Office
Horton General Hospital
Oxford Road
Banbury, OX16 9AL

Tel: 01295 229 259

Email: PALS@ouh.nhs.uk

How to contact us

If your child continues to have pain 8 weeks after their injury, despite taking regular painkillers and caring for their injury as advised, or if at any point you are worried their injury is not healing, please contact the **New Patient Clinic** for an appointment.

New Patient (Fracture) Clinic at:

John Radcliffe Hospital, Oxford

Monday to Friday, 9.00am to 5.00pm

Saturday and Sunday, 9.00am to 11.00am

Tel: **01865 220 217**

OR

Horton General Hospital, Banbury

Monday to Friday, 9.00am to 11.00am

Tel: **01295 229 606**

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALS@ouh.nhs.uk**

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Oxford University Hospitals NHS Foundation Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information

