

## Contact Telephone Numbers:

NHS 111	 111
Virtual Fracture Clinic	 0778 817 8689
Urgent Treatment Centre, New QEII Welwyn Garden City	 01707 247549

## Further Information

More information can be found on NHS Choices website: [www.nhs.uk](http://www.nhs.uk)

## Patient Information

# Clavicle (Collarbone) Fracture in Children

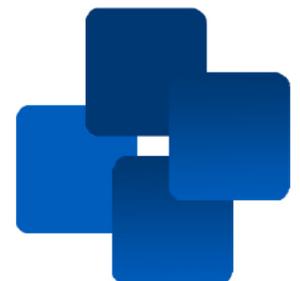
Department of Trauma and  
Orthopaedic Surgery

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[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

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information in a different  
format or another language.



## What fracture has my child got?

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



A clavicle fracture generally heals well. The only treatment required is a sling and painkillers, such as paracetamol and/or ibuprofen, as required. We would expect the collarbone 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.

### Using a sling

The shoulder and arm can be moved out of the sling as comfort allows. This will usually be about two weeks after the injury but can be sooner if 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.

### Getting back to normal

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.

## Worries or concerns

If you have any worries or concerns following discharge from hospital, please contact the virtual fracture clinic Monday to Friday, 12 noon to 4pm.

Outside of these hours, you can leave a message on the answerphone. We will respond to all clear messages left.

**Virtual Fracture Clinic** ☎ **0778 817 8689**

Alternatively, outside of these hours, please contact NHS 111 or your GP.