

Buckle Fracture (Child)

Information for parents and carers

A buckle fracture is an injury of the forearm bones, usually sustained as a result of a fall which causes the bone to slightly crush in on itself. The bone has not completely broken and it heals quickly with simple treatment. It is a common injury in children.

Treatment

The injury can cause pain and discomfort, so it is important to give your child simple painkillers by mouth. A splint will be applied to the affected arm which will support the wrist and allow healing to occur. The splint should be worn day and night for three weeks (it can be removed for washing). If your child removes the splint before three weeks, simply reapply it if you think it is helping.

Most children will start using their wrist and hand again whilst wearing the splint. They should however avoid sporting activities, physical exercise and rough play whilst wearing the splint and for a further 3 weeks after that (six weeks in total).

After three weeks simply remove the splint when you have enough time, and your child is calm. On removing the splint, the wrist should not be very painful but may ache and be a little stiff for a few days. If when you remove the splint, there is significant pain – replace the splint and try again in 48h.

Sometimes the splint may need washing; to do so remove the metal bar, hand wash the splint, and allow to dry thoroughly before putting the metal bar back and placing it back on your child's wrist. If you require a new splint, then contact the GP and they can order you a new one.

Follow up

Under normal circumstances we will not need to see your child again.

All x-rays are reviewed by our radiologists. If there is any concern that the injury is more serious you will be contacted to return to the department for a follow up appointment.

Things to look out for when your child goes home and who to contact:

- Some pain and swelling is to be expected, simple pain killers should be enough to settle this over a few days.
- If your child remains in significant pain or has any other problems whilst wearing the splint, or for two weeks after the splint has been removed contact the **Emergency Department Reception on 0121 424 3263 / 424 7699 or 424 4226** and they will advise you further.

References

National Institute for Health and Care Excellence (NICE) (2016) Fractures (non-complex): assessment and management: NICE Guidelines [NG 38]. London: NICE

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.