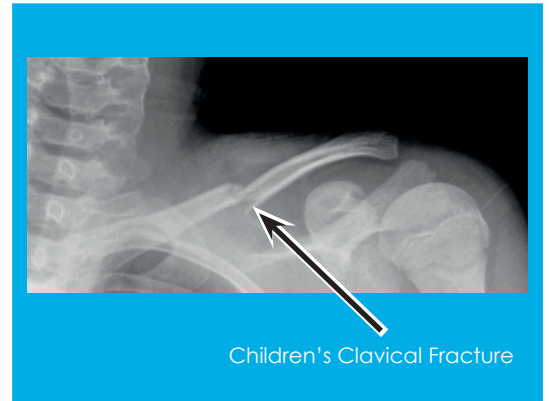


Discharge Advice

Paediatric (Childrens) Clavicle Fracture

- 1 Your child has fractured their Clavicle (Collar Bone).
- 2 This type of fracture is common in children.
- 3 This type of fracture heals well - the only treatments required are painkillers and a sling.
- 4 We would expect the collar bone to be painful for 4 - 6 weeks.
- 5 Your child may find it more comfortable to sleep sitting upright for a few days after the injury.
- 6 The shoulder and arm can be moved out of the sling as comfort allows. This will usually be about 2 weeks after the injury but can be sooner if comfortable.
- 7 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.
- 8 Your child may return to sports such as swimming as soon as comfortable, but should avoid contact sports (such as football, rugby and basketball) for six weeks.
- 9 If you are still experiencing significant symptoms after several months, please phone the fracture clinic helpline for further advice.



Should you have any worries or concerns following discharge from hospital, please use the contact details below

Contact details:

Raigmore Hospital
Old Perth Road,
Inverness, IV12 3UJ.
Tel: 01463 704000 ext:4294

Tel:

Fracture Clinic Helpline - Monday to Friday
12 - 3 pm
07779 422980

In an emergency contact NHS 24 - Tel: 111

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