

the radiologists. If we have any concerns, we will contact you directly and may ask you to return to hospital. Please ensure we have your up-to-date contact details.

How to find us

For information on directions, public transport and parking visit www.kch.nhs.uk and look at 'Getting to King's'.

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is in the main hospital foyer at PRUH and they would be happy to advise you.

PALS at Princess Royal University Hospital,
Farnborough Common, Orpington, Kent BR6 8ND
Tel: **01689 863252**

Email: kch-tr.palspruh@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email kch-tr.accessibility@nhs.net.



King's College Hospital
NHS Foundation Trust

Minor fractures of the clavicle (collar bone)

Information for patients and
parents/carers – Princess Royal
University Hospital

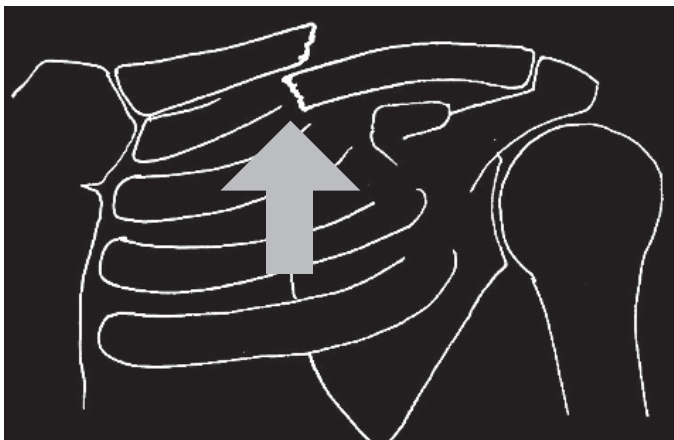
This leaflet explains what to do if you/your child has been diagnosed with a minor injury of the collar bone. It explains the symptoms, what you can do and what you can expect.

Introduction

Your child has been seen and assessed by one of the doctors or nurse practitioners who believes it is safe for you to take your child home. This leaflet has been written by the doctors and nurses working in the children's emergency department to act as a guide and is to remind you of some of the things you need to know in order to look after your child in the future. We hope this will be helpful to you. Please read it carefully.

Clavicle fractures

Your child has been diagnosed with a minor clavicle fracture. Hearing us say your child has a 'fracture' sounds serious. The good news is, your child has a minor injury - the bones are stable and held in the right place, no procedures are needed and your child will make a full recovery.



The most common part to break is in the middle of the collar bone. The bone is in a good position and, with rest and time, the bone will heal very well by itself. There is no need for an operation or any other procedure. There is also no need for your child to be seen again in clinic or to have any more x-rays.

What to expect

- **Pain** - Your child will have some pain. Use simple pain medicine like paracetamol or ibuprofen.
- **The Sling** - An arm sling should be worn for comfort to two to three weeks or until moving the arm is comfortable. The arm can come out of the sling for bathing and dressing. They may be more comfortable sitting up to sleep. Do NOT let your child wear the sling while sleeping.
- **A Lump** - As the bone heals, you may see or feel a lump on the bone. This is normal and could take about a year to shrink away. Occasionally in older children the lump does not go away completely.
- **Stiffness** - After the pain improves, the shoulder may still be stiff. The arm should be gently moved, little by little each day, until the arm can move normally in all directions.

Virtual Fracture Clinic

Your child's injury will heal up all on its own. To ensure safety, we ask our team in the 'Virtual Fracture Clinic' to review all cases nonetheless. Details of your child's injury and the x-ray images will be reviewed by our orthopaedic (bone specialist) and physiotherapy teams. Normally they will not need to call you. You can simply continue to follow the Emergency Department (ED) instructions and advice. If your child's injury does not improve as outlined by the ED instructions, please contact the virtual fracture clinic on the details below.

Occasionally, the team may need to contact you by phone to discuss your child's injury further.

The doctors in ED will let you know if you should expect a follow up phone call. This call will be a withheld number and be between **9am – 4pm**, Monday – Friday.

PLEASE ENSURE WE HAVE YOUR CORRECT CONTACT DETAILS BEFORE YOU GO HOME.

If you have been told to expect a call and have not been contacted within three working days of your child's visit, please phone **01689 865136** between 9am – 4pm, Monday - Friday.
Email: kch-tr.pruhfracturecareteam@nhs.net

Sport and School

Writing at school with the injured arm isn't harmful but may well be too painful in the first few days. Normally a child should be able to return to school within a week. After your child is moving the arm well and no longer needs the sling, they can return to gentle activity. Contact sports and games where there is a risk of falling while running, should be avoided for a further month at least.

Problems

If your child has sudden new pain, swelling or tingling down the arm, that would be unusual. Please return to the Emergency Department anytime to be reviewed.

If you have any other problems, for example, the pain just does not settle, please attend the Emergency Department, preferably in the morning.

To ensure your child's injury is being treated correctly, their X-rays are routinely reviewed by