

Problems

If your child has sudden new pain, swelling or tingling in their fingers, 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 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.

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Urgent & Planned Care
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Minor injuries of the wrist

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 elbow. 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.

Wrist fractures: Torus or buckle

Your child has been diagnosed with a 'torus' or 'buckle' fracture. Hearing us say your child has a 'fracture' sounds serious. The good news is these are minor, stable injuries and will heal completely in children. This injury is called a 'fracture', but a child's bone is different to an adult's bone. The bone is 'bruised or bent' rather than broken. These injuries are very stable and your child can expect complete recovery. There will be no permanent deformity. This injury can be treated like a sprain.

What to expect

- Your child will have some pain. It should be mild and settle over the next few days. Use simple pain medicine like paracetamol or ibuprofen.
- There may be swelling but not always. Any swelling should improve in the first week but may take much longer to return to normal.

Treatment

At King's College Hospital these injuries are treated in a removable splint or, sometimes, a soft temporary cast 'Soft Cast' is used.

- **Splint** - The splint can be removed for bathing or showering. Otherwise it can be worn at all times and then removed at 3 weeks.
- **'Soft Cast'** - These are not as rigid as a normal cast and can be removed easily. 'Soft Casts' are used when children are too small for splints or can't understand they should keep a splint on. They can also be removed at 3 weeks.

After Removal of the Splint or 'Soft Cast'

When the support is removed, the wrist may still be a little stiff. The wrist should be gently moved, a little by little each day, until the wrist can move normally in all directions.

Soft Cast removal

After 3 weeks of wearing the 'Soft Cast' it can be removed by the parent/carer.

Find the end of the cast and peel it away - the cast should un-roll but you might need to pull quite hard! Soaking the cast in water it will not make removing it easier. You might need a good pair of scissors for the last layer. Please be extremely careful when doing this.

If you are experiencing problems with the removal and you would like us to help remove it, please return to the ED.

Application Date of the Soft Cast:

Removal Date (in 3 weeks time):

Sport and School

Writing with the injured arm is unlikely to be 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 3 weeks in the splint or 'Soft Cast', your child 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.

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