

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. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

Tel: **020 3299 3601**

Email: kch-tr.PALS@nhs.net

You can also contact us by using our online form at www.kch.nhs.uk/contact/pals

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.



King's College Hospital
NHS Foundation Trust

Minor fractures of the clavicle (collar bone)

Information for patients and parents/carers

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.

Corporate Comms: 2530
PL910.1 November 2020

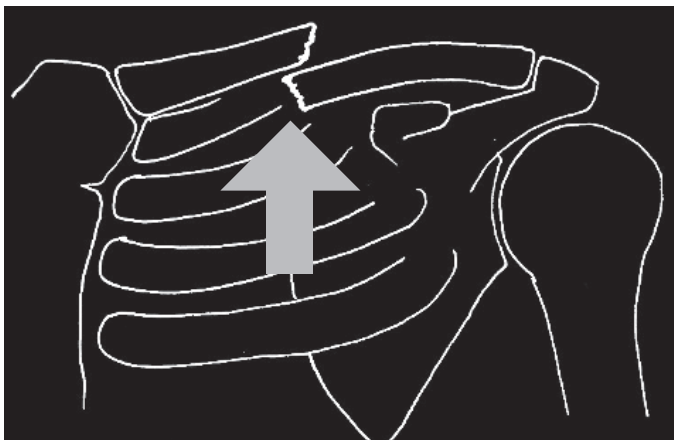
Urgent & Planned Care
Review date November 2023

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 has been referred to our 'Virtual Fracture Clinic'. This means your child's x-ray will be looked at by our orthopaedic (bone specialist) and physiotherapy teams and reviewed. The team will then contact you by phone (the telephone number will be a withheld number) within **three working days** of your visit to discuss your child's condition and go through what to expect next.

The phone call will be between the hours of **9am – 4pm**, Monday – Friday.

PLEASE ENSURE WE HAVE YOUR CORRECT CONTACT DETAILS BEFORE YOU LEAVE THE EMERGENCY DEPARTMENT.

If you have not received a call within three working days of your child's visit, please contact **020 3299 4041** between 9am – 4pm, Monday - Friday.
Email: kch-tr.fracturecareteam@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 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.