

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 Hambleden 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 injuries of the lower leg: 'Toddler's fracture'

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 lower leg. It explains the symptoms, what you can do and what you can expect.

Corporate Comms: 2530
PL913.1 November 2020

Urgent & Planned Care
Review date November 2023

Introduction:

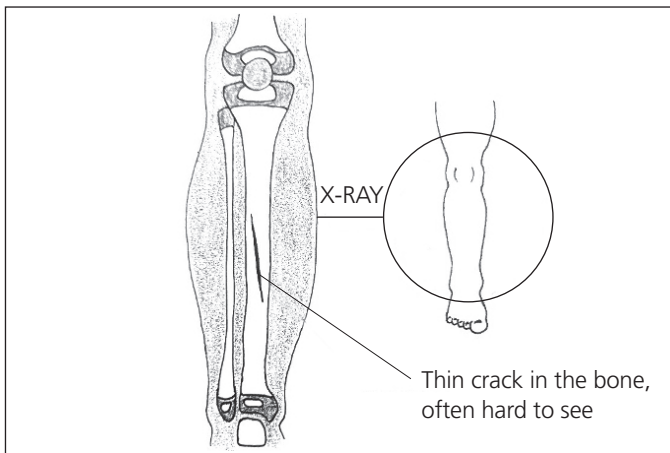
Your child has been seen and assessed by one of the doctors or nurse practitioners who believes it is safe for you to take your child home. This leaflet has been written by the doctors and nurses working in the children's emergency department to act as a guide and is to remind you of some of the things 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.

What is a toddler's fracture?

The Toddler's fracture is a minor break in the long bone of the lower leg (known as the tibia). A fracture is the same as a cracked or broken bone. These fractures are very common in toddlers, hence the name.

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.

In about half the cases, the fracture is so tiny it cannot be seen on the x-ray.



What to expect

Your child will have some pain and will probably refuse to walk for 4-5 days.

The pain should not be severe. They should play normally otherwise.

Use simple pain medicine like paracetamol, as directed on the label.

Treatment

We may offer a removable boot or soft cast that can be removed at home by you. For minor cases, your child can be left alone for the bone to heal itself.

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):

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

Problems

If your child has sudden new pain, swelling or tingling in their injured area, that would be unusual. If this happens, please come back to the children's emergency department at any time.

If you have any other problems, for example, the pain does not go away after taking simple pain medicines, please come back to the emergency department.

To ensure your child's injury is being treated correctly, their x-rays are looked at by specialist x-ray doctors. If we have any concerns we will contact you directly, and may ask you to come back to hospital.