

Buckle fracture: wrist

Accident and emergency

Patient information

What is this information about?

This information is about your child's buckle fracture of the wrist. It explains what a buckle fracture is and what you should and should not do to:

- Help your child's fracture to heal.
- Keep them safe while it is healing.

It includes information and advice on:

- How to deal with pain and swelling.
- When your child can return to playing sports.
- Your child's splint.
- Going to school or nursery.
- The Virtual Fracture Clinic (VFC).

Why have I been given this information?

You have been given this information because your child has been diagnosed in A&E as having a buckle fracture of the wrist. They will be referred to the Virtual Fracture Clinic. Following the advice in this information will help their fracture to heal, keep them as comfortable as possible and avoid further damage in the time before they start having care from the VFC.

What is a buckle fracture?

This is a type of fracture that happens in children's bones. The words fracture and break mean the same thing. There is no difference between a break and a fracture.

Children's bones are softer and more bendy than adult bones. In a buckle fracture the bone bends rather than snaps. It is a stable fracture, where the bones do not move around after the fracture. A buckle fracture usually heals well and quickly.

How long does it usually take for a buckle fracture to heal?

It usually takes around four to six weeks for a buckle fracture to heal. It is usual for it to keep aching a little for a few weeks after this.

The younger your child is, the faster they are likely to get better.

What if my child has pain or swelling after their fracture?

Pain from the fracture usually gets better after a few days.

If your child has pain or swelling:

- Give them their normal painkillers. Follow the dosing instructions on the packet.
- Your child can wear the splint that we have given them. This will help to reduce their pain levels. It does not change how quickly or how well the fracture heals.
- If your child's hand is swollen put it in a sling high up on their chest for an hour.

Can my child use their injured arm?

- There is a small increase in the chance that your child may damage their fracture again for up to 12 weeks (3 months) after their injury.
- Most children can return to doing any sports four to six weeks after their injury.
- They should avoid doing PE until six weeks after the injury.
- They can start doing non-contact sports that do not place a strain on their wrist such as swimming as soon as they are comfortable to do so. Remove their splint for swimming.

My child's splint

What do I need to know about my child's splint?

Your child will have been given a splint in A&E. A splint is a support device that keeps an injured area from moving. They are used to hold bones and joints in place so they can heal. A buckle fracture is a stable fracture. This means the bone is unlikely to move.

Your child does not need a splint or cast to help the fracture to heal, but it is often more comfortable to wear one.

The splint is easy to use and can be taken off at any time if your child is more comfortable when they are not wearing it.

How soon should my child's splint be removed?

Your child can stop wearing their splint two to four weeks after the day of their injury depending on how much pain they are in. Once they have stopped wearing the splint, they can return to most of their usual activities.

What do I do if the splint gets wet?

If the splint gets wet take it off and let it air dry.

Can my child go to school or nursery?

Yes, if their pain is at a reasonable level. It is a good idea for your child to wear their splint at school for a full four weeks after their wrist was fractured. This helps to remind them and others to be careful.

Will my child get any further appointments, advice, or treatment (follow-up) after I have left A&E?

Your child has been referred to the Virtual Fracture Clinic (VFC). The VFC will contact you about follow-up appointments where they will check how your child is and give any further treatment or advice that is needed.

Are there things which mean I should take my child back to A&E?

Please return to the Emergency Department if:

- Your child is in a lot of pain.
- You have any questions or concerns.

Where can I find further information or advice if I need it after I have read this information?

Please use the NHS Website www.nhs.uk for general medical information. You can contact the **NHS 111** online (111.nhs.uk) or phone (**phone: 111**) service for information and advice on how to get treatment if you think you may need it.

You can also contact your GP surgery.

There is a walk-in Minor Injuries Unit at Bognor War Memorial Hospital which can help with minor to moderate illnesses and injuries. If you are not sure whether your condition can be treated at the Minor Injuries Unit, please phone **01243 623 563** first to check.

**This information is intended for patients receiving
care in Worthing and St.Richard's Hospital
Chichester.**

Ref. number: 2395
Publication date: 09/2024
Review date: 09/2027

© University Hospitals Sussex NHS Foundation Trust Disclaimer:
The information in this leaflet is for guidance purposes only and is in no way
intended to replace professional clinical advice by a qualified practitioner.

