

# Buckle Fracture

Emergency Department

## Introduction

Your child has been diagnosed with a buckle fracture (broken bone) of the wrist. This type of injury is very common and only affects children, as their bones are softer than adults. The bone is compressed (buckled) on one side rather than cracked, while the other side remains intact.

It will heal completely in 2-4 weeks without any long term complications.

## Splint

Buckle fractures are stable and will not move out of place. Your child will usually be treated with a support (splint) to keep them comfortable and to help prevent further injury. The splint can be removed for bathing.

Your child should wear the splint during the day until the pain settles. The splint does not need to be worn at night. Then they can use the affected wrist for normal daily activities e.g. eating and writing. They should not need to use the splint for more than 3 weeks.

If the splint gets dirty, remove the metal support and wash in warm soapy water. Please allow it to dry completely before use.

## Plaster Casts

Some children are treated with a 'back slab' plaster cast. This is soft on one side and hard on the other. This can be cut off at home after 3 weeks. It needs to be kept dry.

## Pain

Keeping the wrist supported in the splint or plaster cast will ease the pain. If your child needs further pain relief, regular Paracetamol (4x daily i.e. every 4-6 hours) and / or Ibuprofen (3x daily i.e. every 6-8 hours) is helpful. Please check the box for the current dose.

## Swelling

If the wrist appears swollen, keep it elevated on some cushions.

Your child should avoid sports and rough play for 6 weeks from the time of injury to reduce the risk of another fracture.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Your child does not need any follow-up but if you have any concerns, please telephone the Emergency Department Minor Injuries Unit on 01902 307999 for advice, preferably between 9am-5pm or contact your GP.

## Contact information / Useful links

Further advice can be found at [111.nhs.uk](https://111.nhs.uk) or call 111 if you cannot get help online.

Alternatively phone the Emergency Department on 01902 307999 Ext 88653

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。