



## Care following Fractured Clavicle

### Daily activity

- Support arm in broad arm or clavicle sling for the next 2-3 weeks.
- Wearing the sling under the clothing particularly at night for the first few days will help your child to be more comfortable.
- This may be removed for short periods for a shower or bath.
- Avoid contact sport for at least six weeks.

### Observe the affected arm

- Temperature - should be warm/or slightly cool to touch.
- Skin colour - should be the same as the opposite limb.
- Movement - some reduced movement is expected.
- Touch response - usual response to touch.
- Encourage regular active movement of the affected hand/fingers and elbow joint to prevent the arm from becoming stiff.

### Pain relief

- Give paracetamol or ibuprofen for pain if required and follow the manufacturer's instructions.
- Next dose of \_\_\_\_\_ to be given at \_\_\_\_\_
- Excessive pain should be reported to your doctor.

### Follow-up care

- A follow-up appointment in 7 – 10 days' time either with your GP or PCH Orthopaedic Clinic is required. Your doctor will advise which option is best for your child. No repeat X-ray is necessary.
- It is normal for a bony lump to develop under the skin in the area where the bone was broken. This could take up to a year to disappear.

If you have any concerns following discharge take your child to the GP or Emergency Department.