

Health Facts

Care following fractured clavicle

Daily Activity

- Support arm in broad arm sling for the next two to three weeks.
- Wearing the sling under clothing, particularly at night, for the first few days will help your child to be more comfortable.
- 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 control

- Give Paracetamol or Painstop Day Time (Panadeine[®] or Panadeine Forte[®] for older children if prescribed by your child's doctor) or Ibuprofen for pain if required as per manufacturer's instructions.
- Next dose to be given at _____.
- Excessive pain should be reported to your doctor.

Follow-up Care

- Follow-up appointment – with GP or PMH Orthopaedic Clinic will be in 7-10 days (no repeat X-ray is necessary)
- **NOTE: 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.**

Contact

- If you have any concerns following discharge contact your GP, or return to PMH Emergency Department