

# Advice after breaking the forearm (children)

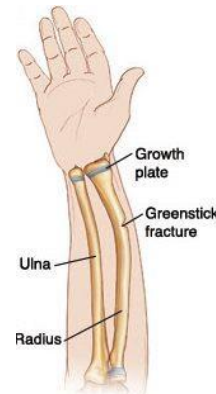
## Fracture Clinic Patient Information Leaflet

### The injury

A fracture is the same as a break in the bone. Your child has suffered a 'torus' or 'buckle' fracture of their wrist. It is sometimes called a 'greenstick' fracture. This is the most common type of fracture in young children. Young bone is still soft and very flexible. For this reason, instead of breaking all the way through the bone, the bone has a small crack or kink to one side only.

The usual symptoms following this type of fracture include:

- Pain straight after an injury
- Swelling
- Bruising
- Difficulty moving the wrist and hand



### The treatment plan

Your child will be given a cast or removable splint to wear to support the wrist; this should be used for around 3 weeks while the injury heals. If a splint has been used this can be removed when bathing or showering.

After around 3 weeks the cast or splint can be removed and your child can gradually start using the arm as usual. It might be a little sore and stiff to begin with.

These fractures almost always heal well with time and therefore follow up clinic appointments are not always needed.



## What should I do at home?

- Use over the counter pain killers as required.
- Elevate the injured arm on pillows.
- Your child can return to school as soon as their pain allows
- Your child should avoid sport and rough play for 6 weeks after the injury

**If you have any worries or concerns please contact one of the following:**

**Virtual Fracture Clinic Helpline 01225 821668 or Fracture Clinic 01225 825602**

Trauma and Orthopaedic Department

Royal United Hospitals Bath NHS Foundation Trust

Combe Park, Bath BA1 3NG

01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656.