

Fracture Clinic Patient Information Leaflet

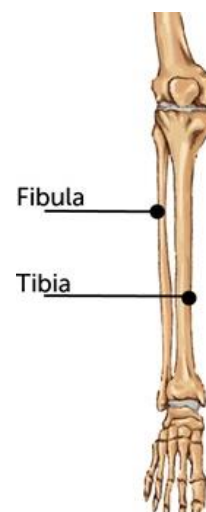
Advice after breaking the lower leg (children)

The Injury

A fracture is the same as a break in the bone. Your child has suffered a fracture of the shin bone in their lower leg or 'tibia'. This is a common injury in children as young bone is still soft and very flexible.

The usual symptoms following this type of fracture include:

- Pain straight after an injury
- Swelling
- Bruising
- Difficulty walking on the leg
- Deformity at the site of injury



The treatment plan

Your child will usually be put into a cast or sometimes a splint to wear to support the leg; this should be used for 2-6 weeks while the injury heals. Your child will be given specific advice depending on the type of injury they have. Your child might not be able to walk initially and therefore may either require crutches/a frame, a wheelchair or to be carried.

You will be given an appointment to return to fracture clinic for follow up as needed.



What should I do at home?

- Use over the counter pain killers as required.
- Elevate the injured leg on pillows.
- Your child can return to school as soon as their pain allows
- Your child should avoid sport and rough play for at least 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

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 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 or telephone 01225 825656 or 826319