

# Advice after a torus 'buckle' fracture

## Virtual Fracture Clinic Patient Information Leaflet

### Introduction

Your child has suffered a torus fracture (break) of their wrist. This is also known as a buckle fracture. It 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 has a small crack or kink on one side only.

Most of these injuries heal perfectly well if the cast is worn for **four weeks**.

### Will my child be in pain?

The injury will still be sore for a short period even after the cast has been put on. It is important to give your child paracetamol or ibuprofen to help with the pain, if they can take it (always read the label; do not exceed the recommended dose).

## What happens if the cast gets wet?

The materials used are water repellent which allows your child to have a bath or shower as normal, although we do not recommend going into the sea.

The cast takes about one to two hours to dry depending on the conditions. While your child is wearing the cast, we recommend you towel dry it. Then wrap it in a dry towel for 30 minutes or so before letting it continue to dry naturally. **Under no circumstances apply heat of any kind to the cast as this could result in burning the skin.**

## When can the cast be removed?

You can remove the cast after four weeks. Your child's wrist may still be a little sore and stiff after being used. Use a painkiller such as paracetamol or ibuprofen if required (always read the label; do not exceed the recommended dose).

However, if after another four weeks their wrist still seems very sore, swollen, or if your child is not willing to use it, contact the Fracture Clinic to arrange a follow-up appointment.

If your child removes the cast before the four weeks and appears to be comfortable, and can use the arm freely, there is no reason to force them to wear it for the full four weeks.

It is best to avoid sports and rough and tumble play when wearing the cast and for up to two weeks after it is removed.

## How do I remove my child's cast?

1. When it is time to remove your child's cast, it is best to remove it first thing in the morning and not in the evening or at bed time. This is so you can check if your child has any pain or swelling throughout the day.

Place your child's arm on a sturdy surface and remove the tape at both ends. Find the end of the casting tape and lift it free before gently unwinding the top layer of tape. **Remember to support the limb so as not to pull on the fracture site.**

2. Then with a pair of sharp scissors, follow the stockinette guide and cut in a straight line (see figure 1a). **Keep the three layers of stockinette between the skin and the scissors at all times.**
3. Once the cast has been cut down its full length, gently pull the cast open, allowing your child to remove their limb (see figure 1b).
4. Finally, remove the stockinette.

### Removing the cast:



Figure 1a – cut off the cast with normal scissors



Figure 1b – open the cast and slide the arm out

### If it is too difficult to cut the cast:

Find the end of the roll of the cast and unroll the coloured strip. This may need a few tugs as it will be sticky. This will not affect the healed fracture. Keep unwrapping till there is no coloured bandage left then slip off any padding. The bandage and padding can be thrown away in a normal bin.

**If you have any worries or concerns, or need to ask about returning to work or sport, please contact one of the following:**

- **Virtual Fracture Clinic helpline on ext. 3547 (9am to 5pm, Monday to Friday) or email [dgft.vfc.dudley@nhs.net](mailto:dgft.vfc.dudley@nhs.net)**
- **Fracture Clinic on 01384 456111 ext. 2220 (9am to 5pm, Monday to Friday)**
- **Emergency Department on 01384 456111 ext. 2300**

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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