

Advice after a torus 'buckle' fracture treated with a splint

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 splint is worn for **four weeks**.

Will my child be in pain?

The injury will still be sore for a short period, even after the splint 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).

Does the splint need to be worn all of the time?

The splint should be worn all of the time, but it can be removed to wash the arm and check the skin daily.

When can the splint be removed?

You can remove the splint after four weeks. In some instances, the fracture heals within three weeks and the child may be comfortable enough to have the splint off. Therefore, if after three weeks your child appears to be comfortable and is able to use their arm without a splint, there is no reason to wear the splint for the full 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.

It is best to avoid sports and rough and tumble play when wearing the splint and for three weeks after it is removed.

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

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

This leaflet can be downloaded or printed from:

<http://dgft.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

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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