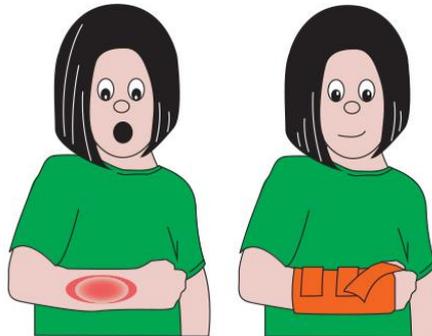


Paediatrics

Wrist Buckle Fracture



Your child has sustained an injury to their wrist called a 'buckle fracture'. This is a very common injury causing tenderness and mild swelling of the wrist but will usually heal quickly and with no long-term effects.



Is the wrist broken?

Technically yes, as a fracture is the medical term for a broken bone, however a buckle fracture is a bend in part of the bone rather than a crack all the way across it.

This occurs because children's bones are more flexible than adult's bones, therefore rather than completely snapping, only part of the bone 'buckles' or 'kinks' instead.

How will it be treated?

Your child will be fitted with a wrist splint to make them more comfortable and to protect them against any further injury. In the early stages they may also require regular over the counter pain medication, such as



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Paracetamol and Ibuprofen (together if required, as instructed), as per the dose recommendations on the packet. You should notice their pain beginning to settle as the days go by, as the bone heals.

How long do they need to wear the splint for?

The splint should be worn at all times except for when bathing or showering for **three weeks**. Following this you may remove it.

Doesn't my child need a plaster cast if they have a broken bone?

As only part of the bone has buckled the break is stable, and therefore does not need a plaster cast to hold it in place. This also means that your child will not experience any of the problems associated with plaster casts such as itching, discomfort and trying to keep it dry whilst washing etc.

Do I need to see the doctor again?

A further appointment is not normally required with the doctor. As long as the splint is worn as instructed, the bone will heal by the time it is removed and no further X-ray or appointments are needed.

Your child's X-rays from the Children's Emergency Department will be reviewed by a senior orthopaedic (bone and joint) doctor within three days of the injury. In rare circumstances we will contact you directly if we feel there should be any changes to this advice or if a further appointment is required.

Are there any long-term effects?

There are usually no long-term effects from this injury once the bone has healed. When the splint is first removed your child may complain of mild aching or stiffness of the wrist. This is normal, and is due to lack of use whilst it has been in the splint. It will usually resolve after a few days of gently using the wrist again.

When can my child go back to school?

Your child can attend school straight away whilst wearing their splint but will need to avoid PE/games/outdoor playtime etc. Once the splint has been removed and the fracture has healed they can return to normal

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activities but should avoid contact sports, activities where a fall is very likely, such as trampolining and bouncy castles, and activities that put a lot of force through the arm such as climbing, hand stands and gymnastics, for a further two to three weeks or until all the pain and swelling has completely gone.

Who can I contact if I have any concerns?

Should you have any concerns or questions at any stage or if after the three weeks in the splint your child's wrist still remains very sore and swollen then please contact us on the telephone numbers below:

Paediatric Clinic between the hours of 9:00am – 5:00pm)

024 7696 6262 / 024 7696 6324

Children's Accident and Emergency Dept: (Outside of the above hours)

024 7696 4000 (hospital switchboard) – ask to be put through to the Children's Accident and Emergency Department.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6262 or 024 7696 6324 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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