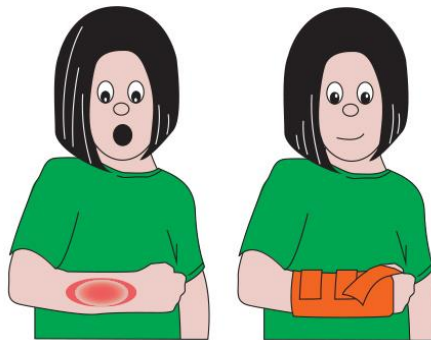


Paediatrics



Wrist buckle fracture

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



Is the wrist broken?

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

This happens because children's bones are more flexible than adults' bones. So rather than completely snapping, only part of the bone 'buckles' or 'kinks'.

How is the wrist treated?

We will fit your child with a wrist splint. This will make them more comfortable and protect them against any further injury.



Patient Information

In the early stages, your child may also need regular over-the-counter pain medicine, such as paracetamol and ibuprofen, alongside each other if needed. Do not give more than the maximum daily dose of either medicine as recommended on the packet.

You should notice their pain beginning to settle as the bone heals.

How long do they need to wear the splint?

The splint should be worn at all times, except for when bathing or showering, for **three weeks**. After 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 means your child won't have the problems associated with plaster casts, such as itching, discomfort and trying to keep it dry whilst washing.

Do I need to see the doctor again?

Another appointment with the doctor is not usually needed. As long as the splint is worn as instructed, the bone will heal by the time it is removed and no further or X-rays will be needed.

Your child's X-rays from the Children's Emergency Department are reviewed by a senior doctor within three days of the injury. In rare circumstances, we will contact you directly if there are any changes to this advice or if a further appointment is needed.

Are there any long-term effects?

Once the bone has healed, there are usually no long-term effects from this injury.

When the splint is first removed your child may complain of mild aching or stiffness of their wrist. This is normal and is due to lack of use whilst is 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. They will need to avoid PE/games/outdoor playtime etc.

Once the splint is removed, the fracture has healed and the mild aching and stiffness has settled, they can return to normal activities. Until all the pain and swelling have completely gone (two to three weeks), they should avoid:

- contact sports
- activities where a fall is very likely, such as trampolining and bouncy castles
- activities that put a lot of force through the arm, such as climbing, handstands and gymnastics

Who can I contact if I have any questions?

If you have any concerns or questions at any stage, or if after the 3 weeks in the splint your child's wrist remains sore and swollen, please contact us on:

Paediatric Clinic (9am – 5pm)

024 7696 6262 / 024 7696 6324

Children's Accident and Emergency Dept: (Outside of 9am-5pm)

024 7696 4000 (hospital switchboard) – ask to be put through to the Children's A&E Department.

Patient Information

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.

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Document History

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