

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B
Whittington Hospital
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659
The plaster room: 020 7288 5668

The emergency department at any other time
Phone: 020 7288 3304

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Twitter.com/WhitHealth
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Children's Clavicle Fracture

A parent's guide



Your child has fractured their Clavicle (Collar bone)

This type of fracture is very common in children and it usually heals well - the only treatment required is a sling and painkiller. Your child needs to wear the sling for 2 weeks if tolerated to enable the soft tissues to heal.

We would expect the collar bone to be painful for the first 7 to 10 days. Your child will not be using their arm much but this will improve with time. Simple pain relief - for example paracetamol and / or ibuprofen - can be beneficial.

Your child may find it more comfortable to sleep sitting upright for a few days after the injury.

The shoulder and arm can be moved out of the sling as comfort allows. This is usually around 2 weeks after the injury but can be sooner if comfortable.

The bump over the fracture is quite normal and is produced by healing bone. It may take up to one year to disappear. If your child is older than 10 years a small bump may remain.

Your child may return to sports such as swimming as soon as comfortable but should avoid rough play and contact sports (such as football, rugby and basketball) for six weeks.

If your child is still experiencing significant symptoms after several months, please phone the fracture clinic for an appointment.

A range of patient information leaflets and videos providing guidance and advice are available here:



Leaflet written by Mr Chammaa