

# Discharge advice following a forearm buckle and torus fracture

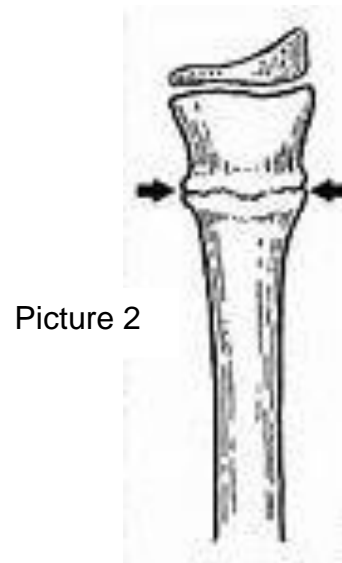
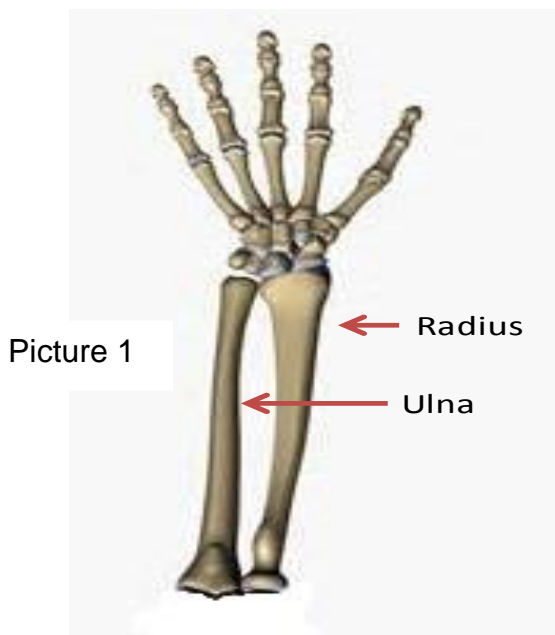
## Patient Information

### What are the bones in the forearm?

There are two bones in the forearm:

- The radius (near the thumb)
  - The ulnar (near the little finger)
- (See picture 1)

During childhood there is a thick sleeve of tissue (the periosteum) which sits on the outside of the bone. This sleeve is very strong and helps to support the bone as well as provide nutrients.



### What is my child's injury?

Your child has sustained a break (also known as a fracture) of one or more bones in the forearm. (See picture 2). This is the most common type of fracture in childhood. The bone is soft as well as flexible and instead of breaking all the way through there is only a crack or kink on one side.

### How is the injury treated?

This type of injury heals well and quickly in a simple splint for about three weeks.

## **What should I do?**

It is important to give your child appropriate doses of paracetamol or ibuprofen to help with the pain as it will still be sore for a short period even after the application of the splint. The splint can be removed for bathing/showering without risk to the fracture.

If after three weeks the wrist is a little sore and stiff after being used, the splint can be reapplied for comfort. Do this for short periods only as it is best to try to start gently using the arm as normally as possible from now on.

If your child removes the splint before the three weeks and appears to be comfortable and can use their arm freely, then there is no reason for them to continue wearing the splint for the full three weeks.

## **Is there anything my child can't do?**

It is best to avoid sports and rough and tumble play when wearing the splint and for a week or two after its removal.

## **Is the growth of their bone affected?**

The break does not affect where the bone grows and therefore this is not affected.

## **How long will it take for my child to recover?**

Typically this occurs within three to four weeks of the injury.

## **When to seek further help**

If symptoms persist beyond six weeks, then please contact the Virtual Fracture Clinic.

### **Virtual Fracture Clinic**

Leighton Hospital

Tel: **01270 278383** Email: [virtualfractureclinic@mcht.nhs.uk](mailto:virtualfractureclinic@mcht.nhs.uk)

Available Monday to Friday 9.00am – 5.00pm (excluding Bank Holidays)

For more information about the Virtual Fracture Clinic visit:

[www.mcht.nhs.uk/virtualfractureclinic](http://www.mcht.nhs.uk/virtualfractureclinic)

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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