

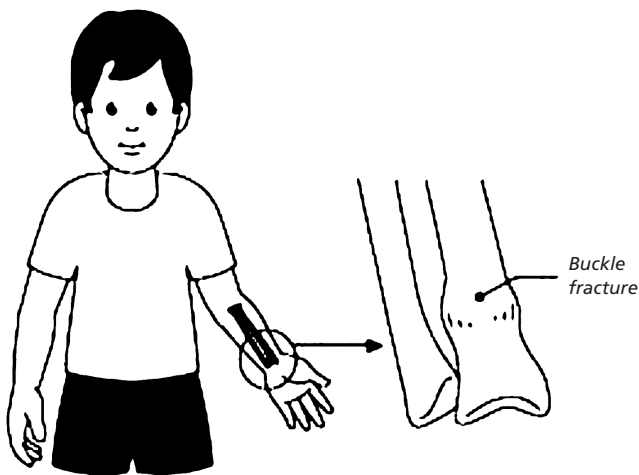
Discharge Information: Buckle fracture

This information sheet aims to answer any questions you may have about your care after discharge.

What is a buckle fracture and how is it different?

A buckle or "torus" fracture is a specific injury sustained by children, usually when they fall onto outstretched hands. Children's bones have a different structure to adults, and they are more likely to buckle or bend than break.

The bone is injured, but instead of being snapped, it has been squashed. Unlike some other types of fracture, this is a stable injury which is very unlikely to move.



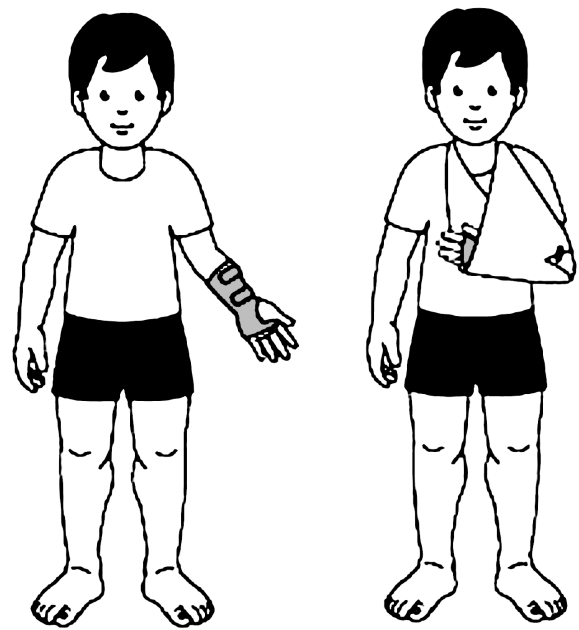
Buckle fractures take around 3-6 weeks to heal, and do not cause any ongoing problems.

Treatment

Your child has been placed in a wrist support (splint) to make them more comfortable and reduce the chances of further injury.

They should wear the splint throughout the day and night for 3 weeks if they are under 5 years old, or 4 weeks if they are 5 years and over. You can remove the splint for washing, but replace it afterwards. If it is removed in-between times, just put it back on. After 3 or 4 weeks, remove the splint.

Most children start to move and use their wrist with the splint in place. They should be encouraged to move the fingers in the splint unless it causes pain or discomfort. This helps the wrist recover.



Why not a plaster cast?

Research has shown that a splint allows healing just as well as a plaster cast. Splints have fewer problems than a cast, and you can remove it to wash.

What do I do with the splint?

You do not need to return the splint to the hospital. Keep it until you are sure it is no longer needed.

What can I do at home?

My child has pain

Use simple pain killers such as paracetamol or ibuprofen. It is normal to have some pain in the first 7-10 days, and the splint will help to reduce this.

What else can help?

Use a sling or elevate the arm to help reduce swelling and support the injured limb. This often helps pain and discomfort in the hand and wrist in the first few days following the injury.

School and childcare

It is not necessary to stay home from school or childcare, but teachers/carers need to be aware of the injury and the need for avoidance of contact sports.

What about sports?

Contact sporting activities and rough play should be avoided for a total of 6 weeks. This allows full recovery to the injury.

Follow up

Under usual circumstances, no further review is required. Simply use the splint for 3 or 4 weeks as advised, and then remove it.

Mild stiffness when the splint is removed is normal.

If you have a young child who simply won't keep the splint on, don't worry as they probably do not need to keep it on if they are comfortable without it.

If your child has ongoing pain or difficulty using the wrist 1 week after the splint has been removed, then come back to the Emergency Department for review.

All x-rays are reviewed and if there are any concerns about a more serious injury, you will be contacted to return for a follow up appointment

For more information call:

Health Direct
1800 022 222

Flinders Medical Centre
Paediatric Emergency
08 8204 7198

For more information

Emergency Department
Flinders Medical Centre
Flinders Drive
Bedford Park SA 5042

Telephone: 08 8204 5042
www.sahealth.sa.gov.au

Emergency Department
Noarlunga Hospital
Alexander Kelly Drive
Noarlunga Centre SA 5168

Telephone: 08 8384 9222

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