

Care of a Child with a Buckle Fracture of the Wrist

Information for Parents and Carers

Your child has had a removable cast (RC) or splint applied. This is to help the injured wrist heal and to protect it. It will also relieve pain. Both are equally effective at doing this.

Why a removable cast?

A buckle fracture is a minor fracture that only occurs with children as their bones are much softer than adults. They all heal very well, but a cast will help to reduce pain. The advantages of a RC/splint include being able to remove it to wash and to reduce itch and skin irritation. Your child may also be able to go swimming in the third week.

During the first 48 hours

The arm should be kept in the RC/splint and may need to be elevated in a sling at times during the first 48hrs to reduce the risk of swelling. Paracetamol can be taken as this is the time when the injury is most likely to be painful. Your child should be encouraged to exercise the fingers and hand by making a fist and stretching out their fingers in 5-10 repetition cycles a few times a day.

If further swelling occurs

You can loosen or remove the RC/splint to relieve the pressure. Once removed place the arm back in the sling. This will encourage the swelling to go down. If the swelling doesn't go down within a couple of hours or there is numbness or increased pain contact the emergency department plaster room on **0131 312 0027**.

First week

The RC/splint can be removed three times a day for ten minutes to allow the skin to breathe, to wash and apply cream to relieve any itching. It must not be removed at school as it alerts people to the fact that your child has had an injury and that they should be careful not to knock their wrist, it also protects the wrist from any knocks in the playground.

Second week

If the pain and discomfort has eased considerably the RC/splint can be removed after school. It may need to be re-applied at bed time to protect it from being rolled on to.

Third week

This week the RC/splint should only be worn at break times during school, or in a situation where pulling or pushing is likely.

The above are guidelines. If the wrist is painful out of the RC/splint then put it back on. Contact the plaster room team between 9am and 7pm any day for advice on **0131 312 0027**.

Follow-up

After 3 weeks if your child's arm is still painful, phone appointments on **0131 312 1547** (10am – 10pm) and book for the next available Emergency Dept clinic (The appointment must be only for review of the injured arm).

Contact Telephone Numbers

Appointments: 0131 312 1547

Plaster room: 0131 312 0027

Nurse: 0131 312 0018

Royal Hospital for Children and Young People
50 Little France Crescent
Edinburgh EH16 4TJ
Tel.: **0131 536 1000**

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