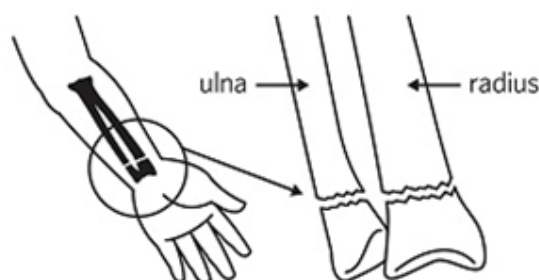


Looking after a child with a wrist fracture

Information for parents and carers



Wrist fractures are common injuries in childhood. There are two bones in the forearm – the radius and the ulna. In a wrist fracture, one or both of these bones may be broken.

Sometimes the bones may need to be put back into position by a doctor or nurse practitioner in the emergency department or operating theatre, or your child may need surgery.

Your child will need a cast to support and protect the bones while the fracture heals. It is important to care for your child's wrist and cast correctly after you leave hospital.

Treatment

Fractures are sore and pain is usually at its worst in the first few days. Your child will be much more comfortable when they are placed in the cast, but we would recommend regular painkillers such as paracetamol and/or ibuprofen over the first few days.

Wrist fractures can often swell, so it is very important to keep the arm raised. See arm elevation advice.

Encourage your child to gently keep their fingers moving and wriggling their and their elbow if the cast is below it.

Follow-up

Most of these fractures heal well without any problems and we do not routinely follow them up. Occasionally we will organise a fracture clinic appointment for your child which will be given to you before you leave the Emergency Department.

We recommend you remove the cast in ____ weeks. Your child's hand and wrist may be a bit stiff & sore when it is removed. There may be some swelling where the fracture has been which is called callus and is a good sign that the fracture is healing.

If you have any ongoing concerns regarding your child's wrist, please contact the Emergency Department on 0131 312 007/8 and ask for a review clinic appointment.