



Information for patients, relatives and carers

Fractured Clavicle (children)

Your child has broken their collar bone, also known as the clavicle. This usually takes approximately four weeks to heal well.

Your child has been provided with a sling which may be worn underneath clothing for the first two days and then you should encourage your child to dress in the normal way. The sling should be removed at bedtime. Your child may be more comfortable sleeping in an upright position supported by pillows.

Over the counter painkillers such as paracetamol and ibuprofen can be taken for pain relief. Once your child's pain has settled the sling should be removed for short periods and movement of the shoulder, elbow, wrist and fingers encouraged.

After one week the sling should no longer be required and after four weeks normal movement should have resumed. Usually no further follow-up is required. We would expect the fracture to have healed within six weeks.

Initially, a slight deformity (or lump) may be visible in the region of the fracture but this should become less visible over time and will not affect the function of your child's shoulder.

Very occasionally the fracture will not heal fully. This may be evident because your child can still feel movement of their clicking at the fracture site. It is advised that your child avoids contact sport for 10 to 12 weeks after the initial injury.

① If you have further concerns about your child's condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> When to use NHS 111 - NHS (www.nhs.uk)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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