

# Clavicle Fracture

## Information Leaflet

### Useful numbers:

NHS – 111 - 24hr

Brighton Station Health Centre - 01273 258 513 - 8am – 8pm

Our aim is to provide information that will help you better understand your child's injury and enable the appropriate after-care.

Brighton and Sussex   
University Hospitals  
NHS Trust



Produced by the **Children's Emergency Department** January 2018.

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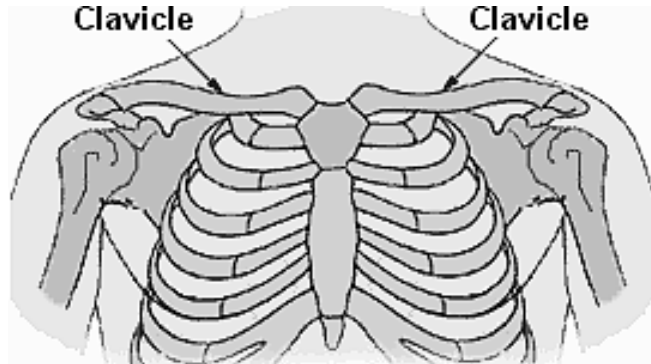


the  
**alex**

**Children's Emergency Department.**

## What is a Clavicle?

Clavicle is the medical name given to the collarbone.



Clavicle fractures are one of the most common long bone breaks in children; 90% of these are through the middle of the bone and usually result from a fall onto the shoulder tip or an outstretched hand.



## How do you fix a broken clavicle?

A simple clavicle fracture in all ages can be treated by wearing a sling for two weeks.



Teenagers over 12 years of age with a more complicated clavicle fracture may require a clinic follow-up with orthopaedics.

When the fracture is healed you may notice or feel a lump over the area that was broken. This is nothing to be concerned about and is referred to as new calcification (bone growth) or callus surrounding the fracture site.

**This may be present for up to a year.**

## What should we do when we get home?

We recommend that you give your child **regular** paracetamol and / or ibuprofen for the first 48 hours

**We strongly advise no contact sports and activities should be restricted for 8-10 weeks.**