

Toddler's 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 **NHS**
University Hospitals
NHS Trust



the
alex

Children's Emergency Department.

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Authors: Josie Nandzo, Darren Baldwin, Miki Lazner and Jason Gray. Review January 2020

What is a Toddler's fracture?

A Toddler's fracture is a small break, often referred to as a 'hair-line fracture', to the shin bone (tibia), the large bone in the lower part of the leg.

This type of injury is typically caused by a minor fall or a simple twisting of the leg and is very common in children under 3 years of age.

Your child may well have started limping, or refused to walk or stand on their leg for no apparent reason; you may not even remember them falling or injuring themselves.



What tests will be done?

Your child may have an x-ray. The nurse practitioner or doctor will make this decision based on the history of the injury, their examination and the age of your child.

Toddler's fractures don't always show up on the first x-ray because they are so small; we sometimes ask you to bring your child back to one of our clinics following some time using simple painkillers at home to see if your child's condition has improved.

What is the treatment for a Toddler's fracture?

The nurse practitioner or doctor will discuss a treatment plan with you as it is not always necessary to immobilise the leg with a plaster cast. Your child may only require simple painkillers such as Paracetamol and Ibuprofen, and rest.

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.

It may be several weeks before your child walks normally again, however please see your GP or return to the Children's Emergency Department if your child has not improved within 4 weeks.