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Buckle fracture

***Information for
parents and carers***



**Accident and Emergency Department
Royal Aberdeen Children's Hospital**

Your child's injury

Your child has an injury to their wrist called a buckle fracture.

Children's bones are a bit like plastic. Sometimes when injured, there is a small bend or "buckle" in the bone. These injuries get better quickly and should not cause any long-term problems.

Wrist support

We have given your child a brace to help support their wrist and make them more comfortable.

Any significant falls or blows before the bone is healed may make their injury worse, so care should be taken even when wearing the splint.

The support should be kept on for 3 weeks, but may be removed for washing or having a bath or shower.

If your child removes the support before 3 weeks, simply put it back on.

After 3 weeks, the support can be removed permanently. At first, your child may complain of mild stiffness or aching, especially towards the end of the day. This is normal and will quickly settle down. If necessary, you can give them simple painkillers such as paracetamol or ibuprofen. Always follow the instructions on the bottle/packet.

Sport and other activities

Your child should not do contact sports (such as football, hockey etc) or other activities (such as rollerblading, cycling etc) where they might fall for 6 weeks from the time of injury. This is to reduce the risk of further harm.

Will you need to see us again?

Under normal circumstances, we will not need to see your child again.

If your child has ongoing problems 2 weeks after removal of the support, or if there are any problems before then, please call us for advice or to arrange a review clinic appointment as necessary.

Contact telephone numbers

Royal Aberdeen Children's Hospital

 0345 456 6000 

Accident and Emergency Department

Royal Aberdeen Children's Hospital

 (01224) 552041 

**This leaflet is also available in large print.
Other formats and languages can be
supplied on request. Please call Quality
Development on (01224) 554149 for a
copy. Ask for leaflet 1216.**

Feedback from the public helped us to develop this leaflet.
If you have any comments on how we can improve it,
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