



Patient Information Leaflet

Torus “Buckle” Fractures Discharge Advice

Produced by:
Orthopaedic Department

Date: July 2017
Review due: July 2020

**This page is left
intentionally
blank**

If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন



Your child has suffered a 'Torus' or 'Buckle' fracture (Break) of their wrist.

This is the most common type of fracture in young children. Young bone is still soft and very flexible. For this reason, instead of breaking all the way through, the bone has a small crack or kink on one side only.

This type of injury heals very well in a simple and easy to apply splint rather than a cumbersome plaster.

Most of these injuries heal perfectly well if the splint is worn for **3 weeks**.

It is important to give your child appropriate doses of paracetamol or ibuprofen to help with the pain as it will still be sore for a short period even after the application of the splint.

The splint can be removed for bathing/showering without risk to the fracture.

If after 3 weeks the wrist is a little sore and stiff after being used, the splint can be reapplied for comfort. Do this for short periods only as it is best to try to start gently using the arm as normally as possible from now on. Use a simple painkiller such as paracetamol or ibuprofen if required.

However – if after 3 weeks the wrist still seems very sore, swollen, or the child is not willing to use it contact the Fracture clinic to arrange follow-up.

If the child removes the splint before the 3 weeks and appears to be comfortable and can use the arm freely then there is no reason to force them to wear the splint for the full 3 weeks.

It is best to avoid sports and rough and tumble play when wearing the splint and for the week or two after its removal.

Should you have any concerns following discharge from the hospital, please contact either the:

- 1) Fracture Clinic: 01983 534655 (9.00am until 4.00pm, Monday to Friday) or;
- 2) Emergency Department out of hours.

**This page is left
intentionally
blank**

**This page is left
intentionally
blank**

If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.