

# Collarbone (clavicle) fractures

## The paediatric virtual fracture clinic

**This leaflet explains more about collarbone (clavicle) fractures and the paediatric virtual fracture clinic. If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is a clavicle fracture?

A clavicle fracture is a break in the collarbone. This type of fracture is common in children and heals well. The only treatment required is painkillers and a sling. We would expect the collarbone to be painful for four to six weeks. Your child may find it more comfortable to sleep sitting upright, with a pillow under the arm, for a few days after the injury.

The shoulder and arm can be moved out of the sling as comfort allows. This will usually be about two weeks after the injury, but can be sooner if comfortable.

A bump over the fracture is quite normal and is produced by healing bone. It may take up to a year to disappear. For children older than ten, a small bump may remain.

Your child may resume non-contact sports, such as swimming, as soon as comfortable, but should full or limited contact sports such as football, rugby or basketball for six weeks.

## What is the paediatric virtual fracture clinic?

Your child has been referred by the emergency department (A&E) to the paediatric virtual fracture clinic. This consists of the consultant orthopaedic surgeons and the senior staff nurse.

Your child's X-ray will be reviewed by a consultant orthopaedic surgeon on a Tuesday or Wednesday. An appointment will **not** be scheduled for this as the consultant will review the X-ray themselves in clinic.

You will be contacted directly by a member of the nursing team (usually on the Thursday or Friday after the virtual clinic), to advise you on the treatment plan and to answer any questions you may have.

Please be assured that if the consultant finds anything clinically urgent, or if there are any further questions they need to ask you, they will contact you directly

## Will my child need a follow-up appointment?

Your child will have an X-ray three months following their first appointment with us to make sure that their bone has healed. No other follow-up appointments will be required.

## Useful sources of information

<https://www.nhs.uk/conditions/broken-collarbone/>

## Contact us

If you have any questions or concerns about your child's fracture, please contact the **Fracture Clinic** on **020 7188 9011** (Monday to Friday, 8.30am-5pm).  
Out of hours, please contact the **Paediatric Emergency Department** on **020 7188 2111**

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit

**w:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

## Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003, Monday to Friday, 10am-5pm

**e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)   **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815   **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

**Leaflet number: 4720/VER1**

Date published: April 2019

Review date: April 2022

© 2019 Guy's and St Thomas' NHS Foundation Trust  
A list of sources is available on request