

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202310-01-BFWR  
Created: October 2023/ Review Date: October 2025

Information reproduced with permission from  
Cambridge University Hospitals NHS Trust

## INFORMATION FOR PATIENTS

### Discharge advice

## Buckle fracture of the wrist



Healthier Communities,  
Outstanding Care

## What is a buckle fracture

Your child has suffered a 'buckle' fracture of their arm and wrist. It is the most common fracture in young children as the bone is still soft and flexible and tends to bend rather than break following an impact. This results in a bulge in the bone rather than a break.

Buckle fractures can be treated with either a removable splint or a synthetic soft cast. Soft casts can be removed at home on a specified date by the parents/carers or by nurses in the clinic if you are unsure.

### You should:

- Give your child pain relief as needed in the early stages to help control the pain.
- Encourage your child to keep moving their fingers to help prevent stiffness.

### Your child should not:

- Take part in sports or rough and tumble play whilst wearing the splint or soft cast and for 4-6 weeks after removal.
- Get the soft cast wet (if a cast has been applied). Waterproof protection for casts can be purchased from Limbo. If the cast does get wet please contact the fracture liaison team for advice.

Soft casts can be removed at home by unwrapping the casting material. This usually requires two people, one person to hold the limb still, whilst the other person unpicks the end of the bandage and begins to unwrap the cast down to the gauze. We advise giving your child pain relief prior to removal of the cast as their arm and wrist will be stiff once it is removed. Once the cast material has been removed, cut the gauze with scissors and remove.

Children who have been discharged with a removable splint should only remove this for bathing under supervision of their parents/carers.

The date for the removal of your child's soft cast/splint is:

.....

## Please remember

It is important that your child can always wiggle their fingers whilst in the cast and that they have full normal feeling in their fingers. If at any time they feel different you should try elevating the affected arm to reduce any swelling and help with altered feeling in the fingers. If this does not help within one hour, please ring one of the contact numbers below, or go to your nearest Emergency Department.

## Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

**If there are any issues or you have any concerns/ questions, we advise you seek help.**

Call the fracture liaison nurses on 01623 622515, extension 4114 between 8am and 4pm, Monday to Friday.

**Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**