

Advice for carers of children with a collar bone fracture

Your child has a broken collar bone (clavicle). A broken bone is sometimes called a crack or fracture. These mean the same thing.

Whilst this injury may be painful, it heals well and is not usually associated with long term problems.

Treatment

- The arm is rested in a sling for 20 days. This will make your child more comfortable during the healing process. There is no need for a follow up appointment.
- The sling should be worn on the inside of the clothes for 10 days and then for a further 10 days on the outside of the clothes.
- When washing, if you lean your child forward, the arm will naturally swing away from the body.
- As this injury can be painful, please give regular paracetamol or ibuprofen for a few days.
- You may want to keep your child off school for a day or so until their pain has settled a little.
- Your child should not take part in PE or other sporting activities for about 6 weeks.

Things to look out for

As the break heals, a lump may develop over the injury. This is a normal part of the healing process. In teenagers, this lump may stay, although in younger children we would expect it to go over 12 to 18 months.

If you have any problems, or for further advice please contact:

- Your GP
- Emergency Department 01535 294481
- NHS 111 111, or 111.nhs.uk
- The NHS website www.nhs.uk - search for “collarbone”

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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