How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

Looking after the sling:

Collar bone fractures can’t be placed in a traditional plaster cast.

The best treatment is with a sling, also known as a Maudsley sling. It should be worn as often as possible, to help healing and to protect the broken bone.

Do:
- Keep the sling clean and dry at all times
- Watch for signs of damage – call the plaster room if you think the sling is broken
- Keep the sling on at all times except for when washing and at night.

Don’t:
- Modify the sling – this may prevent it doing its job. Ask the plaster room for advice if you feel something is wrong.

After 3 to 4 weeks the sling can safely be removed.

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Collar Bone Fractures

Your child has been diagnosed with a ‘Collar Bone Fracture’. This leaflet is designed to tell you what a ‘Collar Bone’ Fracture is, how it is treated, and how long it will take to get better. It also tells you what to do if you’re concerned or have any questions.

Which bone is broken?

The collar bone is also known as the clavicle bone.

This bone plays an important role in movement of the shoulder and arm. Heavy falls can cause the collar bone to break.

Breaks usually occur half way along the bone. The pieces of bone can become quite separated from each other. Your child may find it painful to move their arm; it is likely to be sore around the area. They may have a ‘lump’ at the fracture site.

The bones are far apart, will it heal like that?

When the collar bone breaks, the strong muscles that attach to it can pull the broken pieces apart. They pieces usually heal in this position, even though they’re not always in a straight line. The broken pieces, or healing itself can create a lump at the site of the break. Providing the skin isn’t stretched or damaged, this lump is perfectly safe. It usually reduces over time, and is rarely permanent.

What treatment will my child have?

Your child will have been placed in a special type of sling called a Maudsley sling. This lets the weight of the elbow pull the collar bone down into a good position for healing. Sometimes additional x-rays are taken.

How long will it take to heal

Collar Bone fractures usually heal in 4 weeks.

Will my child need an operation?

No, not usually. If an operation is needed, we will talk to you about this in detail.

Can I send my child to school?

Yes, but they shouldn’t take part in PE lessons until the fracture has healed (approximately 4-6 weeks).

Is it normal to feel a lump?

Yes. You may be able to feel a lump over the fracture as it heals; this is normal and will reduce with time.

What to do if your child is in pain

The fracture may be uncomfortable at first. Pain relief for children, available from your local pharmacy, can help.

What can I expect once the sling is removed?

It may be stiff at first, this will settle. Your child should use the arm as normal, but avoiding contact sports/PE for 6 weeks.

Where to go for more help / information

For questions regarding the splint or plaster please call our nearest plaster room to you (Monday-Friday 9am -5pm)
Stoke Mandeville – 01296 315743
Wycombe – 01494 425452

If you are concerned that your child’s fracture isn’t healing properly:
Please call the plaster room and they will arrange for a further appointment to be sent out to you.

In an emergency attend your nearest A&E Department, but for other concerns contact your child’s GP.