



## Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you would like this information in another language or format, please contact the service equality manager on 0116 250 2959

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أو لغة أخرى . يرجى الاتصال مع مدير الخدمة للمساواة في 0116 250 2959.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯，请致电 0116 250 2959 联系“服务平等化经理” (Service Equality Manager)。

જો તમને આ પત્રકનું લેખિત અથવા ટેપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી સર્વિસ ઇકુવાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेव बेकर, सर्विस इक़्वालिटी मैनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język lub w innym formacie, prosimy skontaktować się z Menedżerem ds. równości w dostępie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲਿਟ ਦਾ ਲਿਖਤੀ ਜਾਂ ਟੇਪ ਕੀਤਾ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਡੇਵ ਬੇਕਰ, ਸਰਵਿਸ ਇਕੁਆਲਿਟੀ ਮੈਨੇਜਰ ਨਾਲ 0116 250 2959 'ਤੇ ਸੰਪਰਕ ਕਰੋ।


Ak by ste chceli dostať túto informáciu v inom jazyku, alebo formáte, kontaktujte prosím manažéra rovnosti služieb na tel. číslo 0116 250 2959.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xiriiir, Maamulaha Adeegga Sinaanta 0116 250 2959.

# Forearm Buckle Fracture

Children's Emergency Department  
Information for Patients, Parents and Carers

Leaflet Produced: June 2016 Next Review: June 2018  
(Rowlands) - Children's ED - MED118-0616

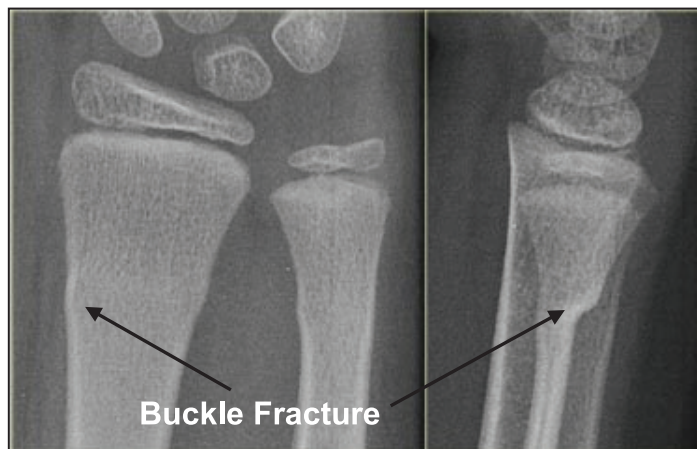
University Hospitals of Leicester 

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*Caring at its best*

## Introduction

You have a broken the bone in your wrist and have what is known as a “buckle” fracture. The bone has been squashed and will take 3-6 weeks to heal.



The good news is this injury doesn't cause long-term problems.

## Why don't I get a plaster cast?

Lots of research has shown that this injury will heal just as well in a splint. This avoids the problems associated with going into plaster and means you can take it off to wash. All x-rays will be reviewed by a senior doctor to ensure the appropriate treatment has been given.

You shouldn't need to come back to hospital for any appointments.

## How long do I wear the splint?

The splint needs to be worn for 3 weeks, DAY and NIGHT. It can come off for washing. Make sure you keep moving your fingers even in the splint so they don't get stiff. After 3 weeks you take the splint off.

## When can I play sports?

You should avoid PE, sports and rough play for another 3 weeks- i.e. a total of 6 weeks post injury off sports.

## Is there anything to look out for?

You may need painkillers for the first few days such as Paracetamol and/or Ibuprofen. There may also be some swelling, which should settle after a few days. If you get any 'pins and needles' in your hand you should loosen the splint. If this doesn't help call fracture clinic for further advice. It is normal for the wrist to hurt for a few days after the splint comes off. This is to be expected and should settle.

**If you have any concerns about the injury or splint contact fracture clinic on 0116 258 5430**