

Care following fractured clavicle

Daily activity

- Support arm in broad arm or clavicle sling for the next 2-3 weeks.
- Wearing the sling under the clothing particularly at night for the first few days will help your child to be more comfortable.
- The sling may be removed for short periods for a shower or bath.
- Avoid contact sport for at least 6 weeks.

Observe the affected arm

- Temperature - should be warm/or slightly cool to touch.
- Skin colour - should be the same as the opposite limb.
- Movement - some reduced movement is expected.
- Touch response - usual response to touch.
- Encourage regular active movement of the affected hand/fingers and elbow joint to prevent the arm from becoming stiff.

Pain relief

- Give paracetamol or ibuprofen for pain if required and follow the manufacturer's instructions.
- Next dose of _____ to be given at _____
- Excessive pain should be reported to your doctor.

Follow-up care

- No formal follow-up appointment is required, however if you have concerns you may wish to return to the Emergency Department.
- It is normal for a bony lump to develop under the skin in the area where the bone was broken. This could take over a year to disappear.



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