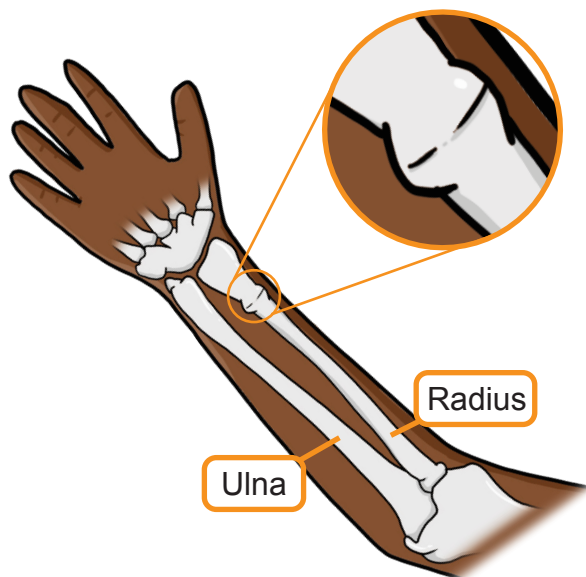
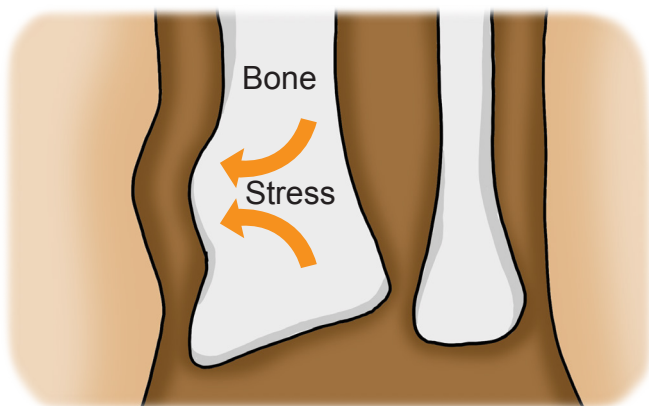


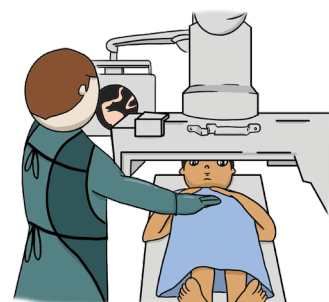


Buckle fracture



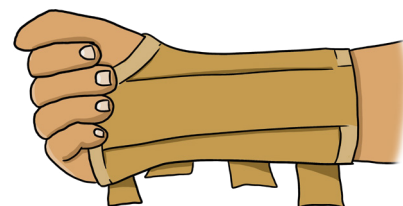
A “buckle” fracture is when bub’s wrist bone has been squashed and bulges without fully breaking. It will take 3 to 6 weeks for bub to heal, they will not be able to play rough or play sports for 6 weeks.

- The doctor will take an X-ray to see the fracture.
- Bub’s wrist will be put into a splint to help it heal.
- This injury does not cause long term problems.

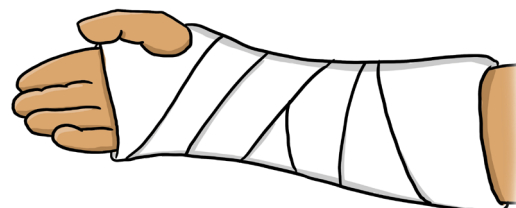


Wearing the splint

- Bub will need to wear the splint for 3 weeks, all day and all night. After 3 weeks the doctor will let you know if bub can take the splint off.
- The splint can be taken off to wash bub.
- Help bub to move their fingers each day so they don’t get stiff.
- There is no need for follow up after the splint comes off.



If bub won’t keep the splint on, a plaster cast can be put on instead. It’s best to take bub back to the Emergency Department to get a plaster cast.



When the splint is on

If bub is in pain give them paracetamol or ibuprofen.



Paracetamol (Panadol)

Given at: _____

Next dose at: _____

No more than 4 times in 1 day

See packet instructions



Ibuprofen (Nurofen)

Given at: _____

Next dose at: _____

No more than 3 times in 1 day

See packet instructions



There may be some swelling, this should settle after a few days.



If bub gets 'pins and needles' in their hand, you can loosen the splint.



If this doesn't help, see your GP or health clinic. It is normal for the wrist to hurt for a few days after the splint comes off, it will settle.



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Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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