



## Keeping our mob healthy

### Care after **Fractured clavicle** (Frac-tur-ed) (Clav-i-cl) **or broken collar bone**



#### To help bub's clavicle heal:

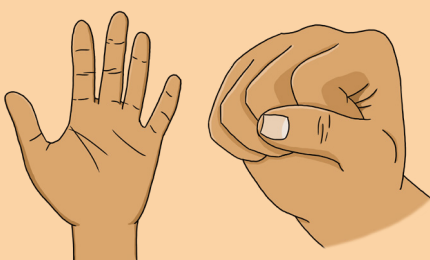
- Keep bub's arm in a sling for the next 2-3 weeks. This will help with support the broken bone.
- Wear the sling under clothing like jackets, hoodies or pyjamas at night, this will be more comfortable.
- Bub can take the sling off when having a shower or bath.
- No playing sport or rough play for at least 6 weeks.

#### Look at bub's arm to make sure:

Temperature	Colour	Movement	Sensation/ feeling
Both arms should feel the same temperature	Both arms should be their normal skin colour	There may be some reduced movement this is normal	Both arms should have normal feeling when touched

Get bub to move their wrist, hand and fingers to help stop the arm getting stiff.

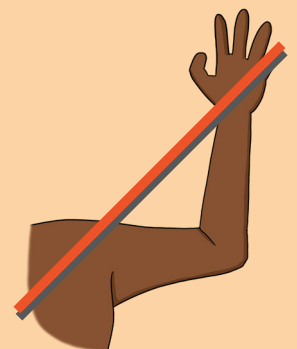
Open fingers wide then make a fist.



Keep arm next to side and bend and straighten.



Don't lift upper arm or shoulder.



**Pain relief** - If bub is in pain give them:

**Paracetamol (Panadol)**

Given at:

\_\_\_\_\_

Next dose at:

\_\_\_\_\_



**No more than 4 times in 1 day**  
see packet instructions

If bub has more pain than normal see your GP, health clinic or go to the emergency department.

**Follow up care**

- No follow up appointment is needed.
- If you have any worries or concerns you can go to the emergency department.
- It is normal for a bony lump to come up under the skin in the area where the bone was broken, it can take up to a year for the lump to go away.



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