

Torus 'Buckle' Fractures

An information guide

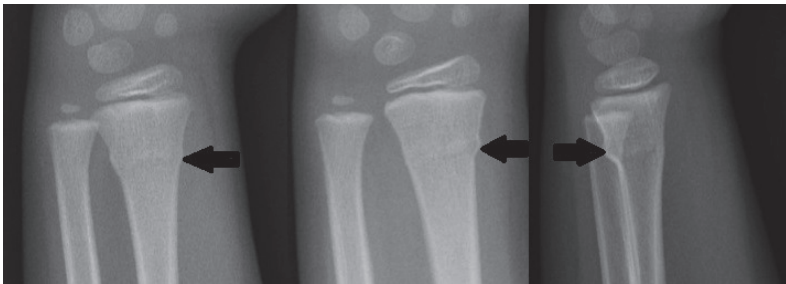


Torus 'Buckle' Fractures

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E).

Your child has suffered a 'Torus' or 'Buckle' fracture of their wrist (Broken wrist). This is one of the most common types of fractures in young children.

Typical Torus 'Buckle' Fracture



Young bones are still soft and very flexible. Due to this reason, instead of breaking all the way through the bone, the bone has a small crack or kink in one side only. This type of fracture heals very well using a removable splint, very occasionally we would apply a below elbow plaster cast. The splint should be worn for 3 to 6 weeks. Wear it during the day and whilst sleeping.



WHAT SHOULD YOU DO NOW?

- Rest the affected limb with the splint on.
- Apply ice or something cool every 2 hours for 20 minutes for the next 24 to 48 hours, ensure the ice or frozen peas is wrapped in cloth or a towel, ***DO NOT APPLY DIRECTLY TO SKIN*** this could cause a burn.
- Take simple pain killers such as paracetamol and /or ibuprofen which can be purchased from a chemist or shop.
- Take medication according to manufacturer's instructions.

The removable splint can be removed for bathing/showering without risk to the fracture. Just ensure the unprotected wrist is not used and then re-apply the splint straight away. Your child's wrist will be sore even after application of the splint. We advise after 3 weeks to remove the splint and try to start using the wrist as normally as possible. Your child's wrist can still be sore and stiff after being in the splint. Continue with pain relief as required.

If your child is still suffering ongoing pain and reduced range of movement, splint the arm for a further (1 to 2 weeks). If the pain is not settling then you will require further assessment at your local A&E or UCC.

If your child removes the splint before the end of the 3 weeks and appears to be comfortable and can use the wrist freely and normally, there is no reason to force them to wear the splint any longer. It is best to avoid sports and rough and tumble play when wearing the splint. Continue to avoid the same for a further 2 weeks after removing the splint.

Follow up - There will be no routine follow up for patients with this type of injury and fracture. If after six weeks your child is still experiencing:

- Significant pain or swelling.
- Still struggling to use wrist normally.

Please contact your GP for further advice

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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