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## **Broken Collar Bone (Clavicle)**

This leaflet gives advice to parents and carers of children and young people under the age of 16 years old with a broken clavicle.

Your child has a broken collar bone. It is one of the bones children injure most often, fortunately it heals well. The doctor/nurse practitioner will explain what is needed.

The usual treatment is:

- Rest with a sling.
- Simple painkillers, such as Paracetamol alone or with Ibuprofen. If your child is unable to take either of these, ask your doctor/nurse practitioner for advice.
- Time.

Expect the collar bone to be painful for a few days and uncomfortable for about four weeks.

A sling, as well as simple painkillers will help to begin with. For the first few days it helps to keep the sling under a t-shirt or pyjama top and your child may find it more comfortable to sleep sitting up (with the sling off). Use the sling for as long as your child seems to need it. Don't worry if they won't keep the sling on. This won't affect the healing process.

You may stop using the sling when your child is more comfortable.

A 'bump' over the broken part is produced as the bone heals and is quite normal. In young children this will go away, probably within the year. In older children, over 10, some thickness may last. Your child may return to sports such as swimming as soon as they are comfortable. It is best to avoid contact sports such as football, rugby, basketball and so on for six weeks.

If your child has any of the following symptoms:

- Pain at the break after 6 weeks
- Persistent tingling or abnormal sensation in the arm or hand

Then please contact the Emergency Department on 0141 452 4055