How to care for your broken collar bone (clavicle)

Information for patients, parents & carers

Paediatric Orthopaedic services

This document can be provided in different languages and formats. For more information please contact:
Paediatric Orthopaedic Department
C/o Children’s Outpatients East
Nottingham Children’s Hospital
QMC campus
Tel: 0115 924 9924 ext. 68426 / 61210

This leaflet is aimed at children with a broken collar bone (clavicle)
This leaflet aims to tell you how to care for your injury whilst the injury is healing.

Broken Clavicle
You have broken (fractured) your collar bone (clavicle).

This is not a serious injury but may be painful. Take pain relief every four hours following the dosage guidance on the medicine bottle, or as directed by your doctor.

You will need to wear your sling under your clothes day and night. The sling may be removed as directed by your doctor/nurse. This will usually be 10-20 days from the date of your injury.

It may not be possible to bath or shower while the sling is on, but you can wash using a flannel and soap. Make sure you dry under the arm well to prevent it getting sore. To do this stand upright then bend forward from the waist; gravity will let the arm hang in the sling making it easier to wash under the arm.

This injury will heal with a bump over the fracture site which will take several months to disappear.

You do not usually need physiotherapy following this type of injury.

You will need to stay away from contact sports (football, rugby, etc.) for 5 weeks from the date of the injury.
You will need to be off PE and games at school for 5 weeks.

You may swim 3 weeks after your injury date if you feel comfortable.

**For further advice contact:**

Nottingham Children’s Hospital
Children’s Outpatient Department East
Mon –Fri 8am-6pm
0115 924 9924 ext. 68426 / 61210

Outside these hours:
Ward D34 0115 924 9924 ext. 69034
Children’s Emergency Department
0115 924 9924 ext. 61148 or 61149

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**Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Freephone (QMC Campus):** 0800 183 0204
**From a mobile or abroad:** 0115 924 9924 ext 65412 or 62301
**E-mail:** pals@nuh.nhs.uk
**Letter:** NUH NHS Trust, c/o PALS, Freepost NEA 14614, Nottingham NG7 1BR

[www.nuh.nhs.uk](http://www.nuh.nhs.uk)

If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 67184.

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