

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

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Buckle (Torus) Fractures of the Wrist Information & Advice



torus fracture

Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

Your child has a broken wrist. A broken bone may also be referred to as cracked or fractured - these terms mean the same thing.

The fracture is a special sort of fracture called a buckle (torus) fracture. This is a minor fracture which occurs in children's bones. These fractures mostly heal quickly, by themselves.

Why does the arm need to be in a splint?

The splint is not a specific treatment for the broken bone, but is used to reduce pain.

How long must the arm be in a splint?

The arm can be in a splint for up to 3 weeks. The splint can be worn at night. Sometimes these fractures settle down more quickly and, if it isn't too sore, it is fine for them to start taking the splint off sooner. Start by taking it off for short periods of time, and at night, and go from there.

Arm exercises

- Arm exercises are very important. Your child should be encouraged to move their elbow, hand and fingers as soon as they can.
- The wrist splint can be removed from day one to allow the child to move the wrist for a couple of minutes. It should then be reapplied.

Can the splint be removed for washing and dressing?

Yes.

What if my child won't keep the splint on all the time?

- Some younger children will not keep their splint on - don't worry. They can use their arm as much as their pain allows and will limit themselves.
- They should, however, be stopped from rough play.

What can I expect?

- The injury should be painful at first, but the pain should settle within a few days. Painkillers like Paracetamol or Ibuprofen should be given. Please ask the Practitioner or see pain management leaflet if you are not sure of the dose.
- For the first few days, the skin over the fracture site may well be bruised and this will settle down on its own over the first week.
- A lump will develop over the fracture site which will be tender to start with. Later this lump will become hard and painless as new bone starts to form as part of the healing process. This lump may persist for months, but should eventually get smaller (especially in younger children).

When should I seek further medical attention?

- If pain needing painkillers persists after a week you should arrange for the child to be seen in the Minor Injuries Unit or local Emergency Department.
- If there is increasing deformity (the wrist looks more bent out of shape) you should arrange for the child to be seen in the Minor Injuries Unit or local Emergency Department.
- If the skin appears to be breaking down or you are concerned about it please seek medical attention

Are there any other important points?

- Your child can go to school but should wear the splint as directed above.
- Your child should not take part in any PE, sport or rough activities for 6 weeks.
- Nearly all these fractures heal very well by themselves. Please return to the Minor Injuries Unit within 3 weeks if you have any concerns about your child.

If you have any further questions or concerns please feel free to seek medical attention.