

## Stable fracture of the hand

Your child has sustained a fracture to the hand. This fracture usually heals well in a splint or buddy strapping. This immobilisation will help keep your child comfortable while the bone heals.

### **The first 24-48 hours after injury**

Your child's hand and fingers may swell in the first 24-48 hours after the injury. To decrease this swelling, your child should rest the hand up on a pillow when sitting or lying down.

You should check the temperature, colour of the fingers about every 4 hours during waking hours.

Your child will have pain in the hand initially. Medication such as Ibuprofen and/or Paracetamol as needed, (as long as not allergic), following the directions on the package will help decrease the pain. Elevation is key in providing pain relief.

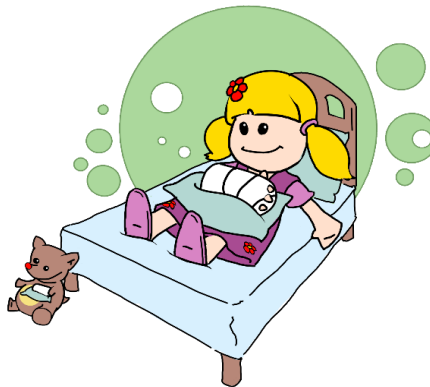


### **Signs of a problem**

- Severe pain in the hand or the fingers.
- Fingers that are blue or white.
- Fingers that are cold (you can compare them to the fingers on the other hand).
- Numbness or pins and needles in the hand.

If your child has any of these signs, rest your child's arm on a pillow while lying down for 30 minutes.

If the problem does not get better, contact your GP, or go to the Emergency Department.



### Follow-up appointment

Children with a stable hand fracture do not require follow-up with the Consultant Orthopaedic Surgeon, or need to get another x-ray.

### After 3 weeks

Remove the splint or the buddy strapping 3 weeks after your child's injury. With the splint or buddy strapping off, your child can begin using the hand. At first, the hand may be stiff. The movement will get better with time but this may take up to 2 months. Physiotherapy is not usually necessary.

To decrease the risk of re-breaking the hand, your child should not participate in high-risk activities such as playing on monkey-bars, trampolines, or contact sports for 2 weeks after the injury. However, your child can return to low risk sports such as swimming as soon as the hand is comfortable.

Contact your GP if your child has not regained normal hand movement 2 months after injury.

### Key Points

- Your child needs a splint or buddy strapping to help heal the broken hand.
- You will take off the splint or buddy strapping at home after 3 weeks after the injury.
- Your child will need to avoid high-risk activities for a total of 2 weeks after the injury.
- If your child has not regained normal hand movement 2 months after the injury, contact your GP.