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**Name:**

**Date:**

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A crack or break in a bone is called a fracture.

You have a fracture of your Clavicle (collar bone)

**Clavicle fracture**



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**Children's Clavicle Fracture**

This type of fracture is common in children.

Clavicle fractures heal well in children

The only treatments needed are painkillers that can be bought in the shops, such as Calpol and Nurofen.

The sling should be removed for sleeping and showering in the first 2 weeks and should not be needed at all after 2 weeks.

Sleeping sitting up will be more comfortable for the first few days.

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**Children's Clavicle Fracture**

We expect you child to have some pain and discomfort for up to 6 weeks but most of the acute pain settles in the first 2 weeks.

Sports such as swimming can be started as soon as it feels comfortable, but contact sports such as rugby, netball and football should be avoided for 8 weeks.

A bump of bone will develop over the fracture as it heals. This is normal and may be felt for a year after the injury. If the child is over ten years old a small lump may remain.

If they are still experiencing symptoms after 3 months then please contact the Minor Injuries Unit for further advice.

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**Adult Clavicle Fracture**

Clavicle fractures generally heal well with no long term effects.

The only treatments needed are painkillers such as Paracetamol and Ibuprofen, and a sling to support the injury.

The sling should be removed to sleep. Initially it may be more comfortable to sleep sitting up.

The sling may be needed for 4 to 6 weeks depending on the pain, by 6 weeks it should be discarded completely.

The sling can be removed to shower, bathe and dress.

Regularly remove the sling to gently get your shoulder joint moving, but don't force movement if it hurts you.

Do not take part in any contact sports for 3 months after the injury.

You will develop a bony lump at the fracture site which can remain. This is normal.

Do not drive in a sling. Do not drive until you can safely control the vehicle. It is your responsibility to ensure you are safe to drive.

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### Get checked if...

you continue to have pain beyond 12 weeks or are limited in what you can do.

If things get worse or you are worried.

If you have any questions please get in touch or see your GP.

### Smoking cessation

**Smoking has been shown to increase fracture healing time.**

In some cases it can stop healing altogether.

Stopping smoking while your fracture heals will help you make a good recovery.  
Stopping smoking for good will be even better for you.

Further information can be found at :

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



Further healthcare information can be found at:

[www.patient.co.uk](http://www.patient.co.uk)  
[www.nhs.uk](http://www.nhs.uk)

[www.whitstablemedicalpractice.co.uk](http://www.whitstablemedicalpractice.co.uk)  
>Local services >Virtual fracture clinic

For real time updates on East Kent MIU and A&E current waiting times please download the WaitLess app.



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**Open 8am to 8pm every day**



## Clavicle (collar bone) fracture

### Information for patients

[www.whitstablemedicalpractice.co.uk](http://www.whitstablemedicalpractice.co.uk)  
>Local services >Virtual fracture clinic

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