Discharge Instructions for Buckle Fracture of Forearm

A buckle fracture is a compression fracture on one side of a bone that causes a bending or buckling of the bone.

It can take up to 4 weeks for a buckle fracture to heal. Treatment options may include casting, splinting, and pain medication.

Steps to Take

Home Care

To reduce pain and swelling:

- Apply an ice pack to the affected area for 15-20 minutes at a time. Place a towel between the ice pack and your child’s skin.
- Use a pillow to elevate your child’s arm above their heart when they are resting.

To help care for your child’s cast or splint:

- Keep the cast or splint clean and dry at all times.
- Inspect the skin around the cast or splint daily. Look for signs of raw or red skin.
- Ask the doctor when it is safe to shower, bathe, or soak in water. You may need to wrap the cast in plastic before showers.

Your child’s skin may feel itchy under the cast or splint. Don’t allow your child to scratch with coat hangers, pens, or any objects that fit under the cast or splint. This can cause breaks in the skin under the cast and cause an infection.

Physical Activity

Your child will need to avoid certain activities while the bone heals. Resuming activities too quickly can delay healing or cause another injury.

Ask the doctor when your child can return to school, daycare, or full activities. When your child is ready, the doctor may advise range of motion and strengthening exercises. This will help to avoid stiffness. A physical therapist may help your child with these exercises.
Medications

Your doctor may recommend over-the-counter or prescription medications to help manage pain.

**Note:** Aspirin is not advised for children or teens with a current or recent viral infection. This is because of the risk of Reye's syndrome. Ask your doctor which other medicines are safe for your child.

If your child is taking medication, follow these general guidelines:

- Give the medication as directed. Do not change the amount or the schedule.
- Do not stop giving prescription medication without talking to the doctor.
- Do not share prescription medication.
- Make sure that the measuring device (e.g., measuring spoon or cup) has units that match the dose your child is supposed to take. For instance, if you are supposed to give 30 milliliters (ml) of medicine, make sure your measuring cup has units that match your prescription.
- Ask what results and side effects to expect. Report them to the doctor.
- Some medications can be dangerous when mixed. Talk to a doctor or pharmacist if your child is taking more than one medication. This includes over-the-counter medication and herb or dietary supplements.

**Follow-up**

The doctor may need to check on your child’s progress. It is important to go to any recommended appointments.

**Call Your Child's Doctor If Any of the Following Occur**

Contact your child's doctor if your child's recovery is not progressing as expected or your child develops complications such as:

- Pain, numbness, or tingling that lasts longer than you or your child’s doctor expect
- Swelling under the cast or splint
- The cast or splint becomes wet
- Trouble moving fingers under the splint or cast
- Fingers or hand that feel cold or turn a bluish gray color

If you think your child has an emergency, call for emergency medical services right away.

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