

5 TIPS TO CARE FOR YOUR CHILD'S FRACTURE

Here are 5 tips to ensure your child's fracture heals properly



1

CONTROL PAIN



Stay on top of your child's pain by giving pain medication according to your doctor's instructions. A combination of ibuprofen (Motrin) and acetaminophen (Tylenol) is often all that they will need.

2

ELEVATE



Rest and elevate the affected arm or leg as much as possible during the first 48 hours to minimize swelling. Prop the limb on pillows when sitting or lying down and use a sling when moving around. Encourage your child to wiggle their fingers or toes frequently.

3

CLEAN + DRY



Keep their splint clean and dry. When it's time to bathe, a bath might be easiest. Be sure to seal the splint in a plastic bag with tape and never immerse it in water. A sponge bath in a dry tub is best for little ones.

4

SCRATCHING



Help your child avoid scratching inside the splint—this can irritate the skin and potentially cause an infection.

5

FOLLOW-UP



See a specialist for follow-up. It's important to see a pediatric orthopedic surgeon to ensure your child gets the specialized care they need.



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COMMON QUESTIONS

HOW LONG WILL IT TAKE A FRACTURE TO HEAL?

Broken bones heal at different rates depending on the age of the child and the type of fracture. Some fractures in young children can heal in as quickly as 3 weeks, while it may take 2-3 times as long for the same fracture to heal in a teenager. Some fractures can take several months to heal.

CAN A FRACTURE HEAL WITHOUT A CAST?

Yes, depending on the location and stability of the fracture. More unstable, complete fractures tend to require a cast whereas incomplete (buckle) fractures may be treated in a brace.

HOW LONG WILL A FRACTURE HURT?

Every child's pain is a little different. Your child will likely need pain relief for the first few days after the injury. Some cases require a longer course of pain medicine. Your child's nurse or doctor should talk to you about pain relief before you go home.

WHAT SHOULD I LOOK OUT FOR?

There are a few urgent concerns you'll want to watch for. Call our office if:

- The cast is cracked, soft, loose, tight or has irritating rough edges
- An object has been pushed inside the cast
- There is a foul odor or ooze coming from the cast
- Your child's pain is increasing or uncontrolled
- You are concerned about the appearance of fingers or toes

WHAT TYPE OF PHYSICIAN SHOULD WE FOLLOW UP WITH?

The pediatric orthopedic physicians at CTPO have the experience, compassion and specific qualifications required to offer your child the very best care. We offer the widest range of pediatric treatment options, extensive training and specialized expertise in treating children's fractures and other orthopedic disorders. **Most importantly we specialize in, and love, working with kids!**

MORE URGENT ISSUES

If any of the following symptoms occur, rest and elevate the affected limb for 30 minutes. If the symptoms do not improve in 30 minutes, call our office or take your child to the ER immediately.

- Severe pain or swelling
- Fingers that appear to be white or blue
- Numbness or pins and needles
- Inability to move the fingers or toes



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