



Information for patients, relatives and carers

Buckle Fracture of the forearm

Your child has sustained a minor injury to one of the bones of the forearm. This has been treated with a half plaster cast applied to the back of the hand and forearm.

This sort of fracture is not associated with complications and your child does not need to return to hospital to have the cast removed. After the appropriate time (detailed below), remove the cast yourself by cutting through the bandages on the opposite side of the hard plaster.

Age under three years: Remove plaster after one week

Age four to six years: Remove plaster after two weeks

Age six to 10 years: Remove plaster after three weeks

Age over 10 years: Remove plaster after three weeks

If you have any difficulties, please telephone our Plaster Rooms during working hours, 8am-4pm:

York Hospital: 01904 726523

Scarborough Hospital: 01723 342042.

In the early stages your child may require regular over the counter pain medication, such as paracetamol and Ibuprofen. These can be taken together if required, as instructed and as per dose recommendations on the packet. You should notice their pain beginning to settle as the days go by and the bone heals.

After the cast has been removed your child may still experience some discomfort and stiffness at the wrist for a few days until normal movement returns. If the pain is sufficient to keep your child awake, you should contact our Emergency Department for further advice: York Hospital: 01904 726042, Scarborough Hospital: 01723 385167.

① If you have further concerns about your child's condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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