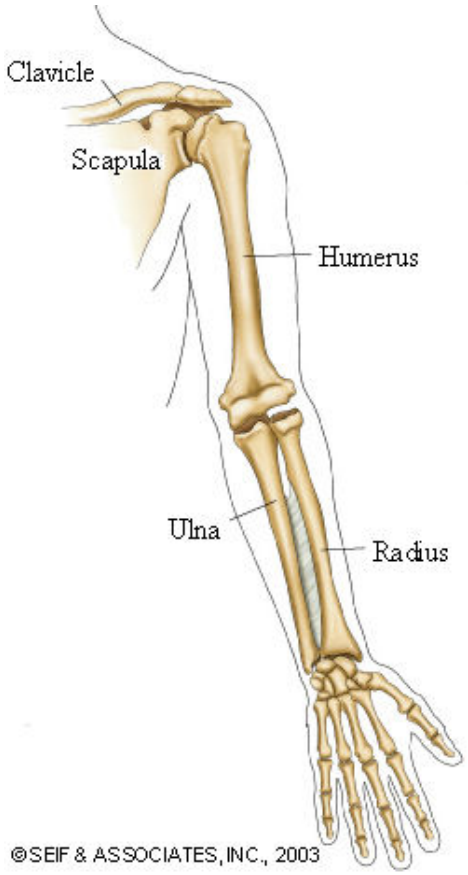
Clavicle Fracture

A clavicle fracture is also called a broken collarbone. The collarbone connects the chest to the shoulder. This is a common injury, especially in children. Collarbones do not fully harden until the age of 20. Most broken collarbones are treated with a simple arm sling.



HOME CARE

- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between the skin and the bag.
  - Leave the ice on for 15 to 20 minutes at a time, 4 to 5 times a day while awake. Do this for the first 2 days.
- Wear the sling or splint for as long as your doctor tells you to. You may remove the sling or splint for bathing or showering. Be sure to keep the shoulder in the same place as when the sling or splint is on. **Do not** lift the arm.
- Allow enough room to place the index finger between the body and strap of the splint. Loosen the splint **right away** if you or your child loses feeling (*numbness*) or has tingling in the hands.
- Only take medicine as told by your doctor.
- If you or your child had surgery, avoid activities that irritate or increase pain for 4 to 6 weeks, or as long as your doctor tells you to.

GET HELP RIGHT AWAY IF:

- There is pain and puffiness (*swelling*) that is not relieved with medicine.
- The arm is numb, cold, or pale, even when the sling or splint is loose.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

Document Released: 03/14/2011
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