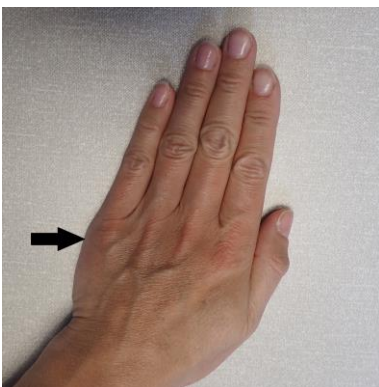


This is a follow-up letter to your recent consultation with the fracture care team explaining the ongoing management of your child's injury. Your child's case has been reviewed by an Orthopaedic Consultant (Bone Specialist).

**Your child has injured the neck of the long bone on the outside of the hand (the 5<sup>th</sup> metacarpal)**



**Healing:** This normally takes approximately four to six weeks to heal. The knuckle on the outside of their hand may look different after this injury. This will not affect how they can do things.

**Pain and swelling:** If your child is in pain, you can give them painkilling medicine such as Calpol, if they can take it (always read the label; do not exceed recommended dose. They may find it continues to be a bit achy and swollen for a few months after the injury.

**Using your hand:** They may use their hand as long as it does not cause them pain. It is important to keep the rest of the finger bending to stop it becoming stiff.

**Follow up:**

We do not routinely follow up these injuries as they heal well. However, if your child continues to have pain or is limited in what they can do, please get in contact with us on the above number or Email.

**Please follow the plan below:**

<b>Weeks since injury</b>	<b>Plan for your child</b>
0-3	<ul style="list-style-type: none"> <li>✓ Your child should move their hand as long as it does not cause them pain</li> <li>✗ No contact sports e.g. football, netball</li> </ul>
3- 4	<ul style="list-style-type: none"> <li>✓ Begin using the hand for normal tasks but be guided by pain levels</li> </ul>
4-6	<ul style="list-style-type: none"> <li>✓ The injury has healed.</li> <li>✓ Carry out normal tasks</li> <li>✗ Heavy tasks or lifting may cause discomfort</li> </ul>
6	<ul style="list-style-type: none"> <li>✗ If your child is still experiencing significant pain and swelling, please contact the Fracture Care Team for advice.</li> </ul>

**Advice for a new injury****Cold packs:**

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.