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WALES

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University Health Board

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Discharge advice following attendance with a paediatric (children's) torus/buckle fracture to the hand (metacarpals)

- Your child has a minor fracture/break in one of the bones of the hand which does not need any specific treatment. These injuries normally heal over 3-4 weeks
- Children have growing bones which have the ability to straighten out any small bumps or deformities. This means that minor fractures/breaks heal without any treatment or need to see an orthopaedic doctor
- The ability to move the foot as normal is generally very good after this type of injury, however it may take up to six weeks before the child's hand returns to normal
- Encourage your child to move their hand as normally as possible. This will not cause further damage but gripping may be sore for 6-8 weeks
- It is important to give your child paracetamol or ibuprofen to help with the pain (please check medication label and instructions)