

Collarbone fracture (clavicula fracture)

The most common bone fracture at birth is a collarbone (clavicle) fracture.

Clavicle fractures always heal completely, even if they initially go unnoticed. A bone nodule (callus formation) will develop and gradually disappear. Immobilisation of the arm during the first few days prevents pain as much as possible.

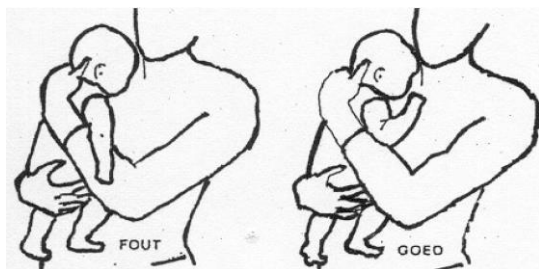
Symptoms

If your baby moves their arm, it may be painful and cause them to cry. If necessary, the paediatrician will discuss pain medication with you.

What should you do for the first 2 weeks?

The arm must be rested for the first 2 weeks. It is good to stick the arm to the clothing on the upper body with an adhesive bandage, for example.

- It is important to ensure that the arm does not droop; when feeding and burping, you should support the affected arm. When breastfeeding, do not tuck the affected arm under your armpit but place the arm on your child's chest (see Figure 1).

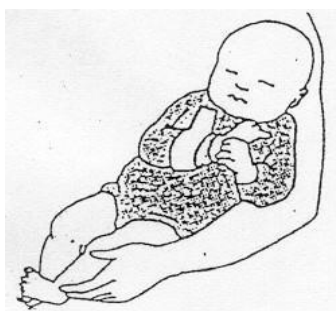


Incorrect

Correct

Figure 1

- When moving/handling/carrying your baby (such as from the changing table to the buggy), it is helpful to secure the arm to the outer clothing with an adhesive bandage or hook-and-loop fastener. Securing the arm is also helpful when bathing your baby or when other people are handling your baby, such as during maternity visits (see Figure 2).



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Figure 2

- Your baby's arm does not need to be secured when they are in their crib, playpen or buggy. This will give them ample opportunity to start moving the affected arm spontaneously.
- When lifting your baby, support the head and buttocks; do not lift your baby under the armpits and do not let the affected arm hang when lifting.
- When dressing your baby, it is best to put the affected arm in the sleeve first. When you are undressing them, please take this arm out of the sleeve last.
- Hold the affected arm against you when carrying your baby. Support the affected arm well when carrying your baby, with the healthy side against you (see Figure 3).

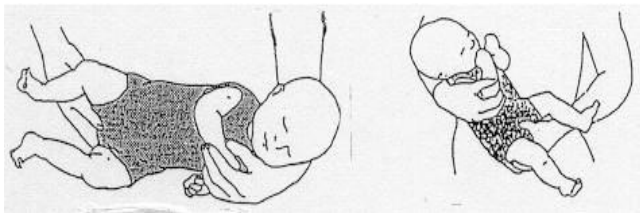


Figure 3

After 2 weeks

It is important to pay extra attention to your child's use of the arm after the first two weeks. Your child may sometimes need help using it. In that case, you can touch and move the arm a lot. You can also show the arm to your child and rub lotion on it. This usually proves sufficient, and your child will start using the arm properly on their own.

Questions

If you have any questions about this brochure, you can contact the Outpatient Clinic Paediatrics at +31 (0)20 - 755 7028. In the evenings and at night you can call the general practitioner.