

How to Care for Your Child with Toddler's Fracture

This leaflet will provide you with information about Toddler's Fracture causes, symptoms, diagnosis, treatment and home care advices.



What is Toddler's Fracture?

- A toddler's fracture is a break in the shinbone (tibia) that can occur when a child's leg twists too far in relation to the foot.
- It's called a "toddler's fracture" because it is mostly happening to young children with growing bones who are still learning to walk.

What are the symptoms of Toddler's Fracture?

- The fracture is usually the result of a minor accident, such as tripping, falling, or twisting the ankle.
- Often the only sign of this injury is limping or walking on one leg.

How is Toddler's Fracture diagnosed?

The doctor will ask few questions about your child's health and examine your child. the doctor will request X-ray for the injured leg.

How is Toddler's Fracture treated?

- The treatment plan depends on your child's age, level of movement and type of fracture.
- Treatment options for your child's fracture are:
 - Allow your child to move normally and no cast is applied. This will be discussed in detail with you.
 - A half cast may be placed on the injured leg to help support the bone as it heals. This half cast will be changed to a full cast in a few days.
- You will need to bring your child for follow up appointment in 3–7 days as directed. Your child's health care provider will:
 - Remove the half cast and will re-examine your child's leg.
 - Apply a full cast.
 - Give you a further follow up appointment, please make sure you attend on time for your appointment.

Follow up appointment will be given in 3–7 days as directed.

During the appointment your child's health care provider will:

- Remove the half cast will be removed, and he your child will be reassessed re-examine your child's leg.by health care provider.
- Apply a full cast.

Home care advice

- If your doctor advises to give medicine for pain, you can your child give:
 - Paracetamol (any brand) or Ibuprofen (any brand.)
 - Follow the instruction on the medicine package for the correct dose.
 - Do not give your child Aspirin as this can lead to serious complications.
- Make sure your child stays off the injured leg until the health care provider says it's OK to use it.
- Keep your child's leg above heart level as much as possible during the 2 days following the injury. You can do this by having your child lie down and putting pillows under the injured leg. Do not allow the heel to rest on floor or surface.

- c Keep the splint completely dry.
- c If the splint is accidentally splashed, use a hair dryer on the cool setting to dry damp edges.
- c Do not try to remove or rewrap the splint. Only a health care provider should adjust your child's splint.
- c Do not apply powder or lotions inside the splint.
- c Do not insert anything inside the splint.

When should I seek medical advice?

Seek medical advice if your child:

- Has increased pain that is not getting better with ice, raising leg up, or giving pain medicine.
- Has a fever.
- Has a wet splint or the splint becomes loose.
- Cannot move the toes or toes turn white, purple or blue.