

Toddler's fractures: guidelines during Coronavirus (Covid-19) pandemic

This leaflet aims to answer some of the questions that you may have about managing a 'toddler's fracture'.

What is a 'toddler's fracture'?

Your child has sustained a 'fracture' of their tibia bone. The tibia is the larger of the two lower leg bones. A toddler's fracture usually occurs in children under the age of 3 years.

What is the treatment?

Your child's fracture will be treated in a below knee removable plaster cast. The cast will be made to allow your child to walk and they will be able to put weight on their leg.

The team will have shown you how to remove the plaster at home – this should be done 3 weeks after it was first put on.

After the cast comes off, it is common for the first few hours for your child to be apprehensive and they may want to keep off the leg or even crawl – this is normal. When they start to walk again they usually turn their foot outwards for several weeks. This looks slightly odd but will get better with time.

Please avoid rough and tumble play for a further 3 weeks after the cast comes off.

Things to be aware of early on in the treatment

The pain should settle after around a week. In the meantime your child will need simple painkillers such as paracetamol (calpol) or ibuprofen (nurofen). These should be given regularly for the first 48 hours and as required after that. These should be used as directed on the packets or by your pharmacist.

If your child's pain is not relieved despite these, or if the pain does not begin to improve after a week, then please seek medical advice.

Seek immediate medical advice if:

- Your child is complaining of worsening pain, not controlled by simple painkillers.
- The plaster looks or feels tight.
- The toes become very swollen, and/or an abnormal colour, or your child says they feel tingling in their toes or increasing pain when moving them.

Contact us

If you have any further questions or concerns regarding this condition, please contact the Orthopaedic Clinic between 8.30am – 5.00pm Monday – Friday on 0118 322 8334 (except bank holidays).

More information about the Trust can be found on our website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Nev Davies, Paediatric Orthopaedic Department, March 2020
Review due: March 2022