

# Boston Children's Illustrated Tips and Tricks in Pediatric Orthopaedic Fracture

Pediatric orthopaedic fractures are a common injury in children. They can be caused by a variety of factors, including falls, sports injuries, and motor vehicle accidents. While most fractures will heal with time and proper care, some may require surgery to ensure proper alignment and healing.



## Boston Children's Illustrated Tips and Tricks in Pediatric Orthopaedic Fracture Surgery by Peter M. Waters

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 306 pages



The orthopaedic surgeons at Boston Children's Hospital are experts in the treatment of pediatric fractures. They have developed a number of tips and tricks to help children heal quickly and comfortably.

### Tips for Managing Pediatric Orthopaedic Fractures

- **Immobilize the fracture.** The first step in treating a fracture is to immobilize it. This will help to prevent further damage to the bone and surrounding tissues.

- **Apply ice.** Ice can help to reduce pain and swelling. Apply ice to the fracture for 15-20 minutes at a time, several times a day.
- **Elevate the injured limb.** Elevating the injured limb can help to reduce swelling and pain. Prop the limb up on pillows or cushions.
- **Give pain medication.** Over-the-counter pain medication can help to relieve pain and discomfort. Follow the directions on the package for dosage and frequency.
- **See a doctor.** If the fracture is severe, or if it does not improve with home care, see a doctor. The doctor may need to perform surgery to repair the fracture.

### **Tricks for Making Pediatric Orthopaedic Fracture Care More Comfortable**

- **Use a cold compress.** A cold compress can help to reduce pain and swelling. Make a cold compress by wrapping ice cubes in a towel.
- **Take a warm bath.** A warm bath can help to relax the muscles and reduce pain. Add Epsom salts to the bath for extra relief.
- **Massage the injured area.** Massaging the injured area can help to improve circulation and reduce pain. Use gentle pressure and avoid massaging directly on the fracture.
- **Play games.** Playing games can help to take the child's mind off the pain and discomfort. Choose games that do not involve running or jumping.
- **Read books.** Reading books can help to relax the child and promote sleep. Choose books that are age-appropriate and interesting to the child.

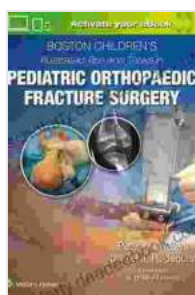
- **Spend time with friends and family.** Spending time with friends and family can help to reduce stress and improve the child's mood.

## When to Seek Medical Attention for a Pediatric Orthopaedic Fracture

Seek medical attention for a pediatric orthopaedic fracture if:

- The fracture is severe.
- The fracture does not improve with home care.
- The child has other injuries.
- The child is in a lot of pain.
- The child has a fever.

Pediatric orthopaedic fractures are a common injury in children. By following these tips and tricks, you can help your child heal quickly and comfortably. However, it is important to seek medical attention if the fracture is severe or if it does not improve with home care.



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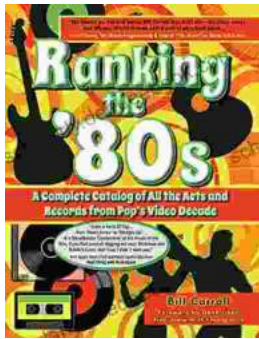
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