



**Northumbria Healthcare**  
NHS Foundation Trust

# **Discharge advice following hand and finger injuries (fractures and dislocations)**

Issued by the orthopaedic department

Your injury has been assessed and treated by the urgent care / emergency department staff and you have a fracture in one of the bones of your hand. Most of these injuries are stable and heal well over time without any further treatment.

## What happens next?

An orthopaedic trauma consultant (a doctor who specialises in fractures) will review your x-rays. If any other treatment is needed, or if we need to see you for review in the fracture clinic you will be contacted by phone or letter in the next five working days. If nothing further is required we will not contact you, however if you have any concerns please call the helpline number in this booklet.

## Strapping

If you have been given finger strapping or a splint, this is to help the pain and allow early movement.

The strapping and splint can be removed for gentle washing of the fingers and hand. After 3-4 weeks, remove the strapping as the pain improves.

## Painkillers

We suggest paracetamol and ibuprofen, if you can take them, ask your pharmacist for advice.

## Movement

You must move your hand as soon as possible even if this means overcoming the discomfort. This is to prevent stiffness in your hand. Use your hand as normally as possible. This will not cause further damage but heavy lifting may be sore for six or eight weeks.

## How long will it take to heal?

It may take six weeks or longer before your hand returns to normal.

Very occasionally, a broken bone may fail to heal and continue to be painful, even after several months. If this occurs an operation may be needed to help heal the break.

If you are still having a lot of difficulty using your hand after 4-6 weeks please contact us on the helpline.

We wish you a speedy recovery.

If you have any worries or concerns, please contact us on the helpline:

**Monday - Friday, 9am - 3:30pm 01670 529431**

**After hours and weekends, if you need urgent advice contact:**

**Wansbeck General Hospital 01670 529884**

**North Tyneside Hospital 0191 2932515**

**Northumbria Specialist  
Emergency Care Hospital 0191 6072100**

## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

## Other sources of information

### NHS 111

### NHS Choices

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)



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