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Discharge advice for a suspected scaphoid (wrist) fracture



Issued by the Orthopaedic Department

We suspect that you may have broken one of the small bones in your wrist.

This fracture may not be visible on the initial x-ray immediately after your injury.

The majority of these injuries are not fractures and can be treated successfully with a wrist splint.

We would like to see you again in clinic

An orthopaedic trauma consultant (a doctor who specialises in fractures) has reviewed your x-rays and you should now have received an appointment to attend the fracture clinic.

At the clinic your injury will be reviewed by an orthopaedic surgeon and we will advise on any further care needed, such as x-rays and the duration for which the splint will need to be worn.

In some cases, an operation may be required. If so, we will discuss this with you further at the clinic.

Wrist splint

The wrist splint will help your pain, and may be removed for personal hygiene if your pain is tolerable.

The splint can be discarded if you have no pain.

Painkillers

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

Movement

Be guided by any pain or discomfort you feel.

You can start to move your wrist without the splint if you do not have any pain.

When can I return to regular activities?

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

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

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: **01670 511098**

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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