

Patient Information Sheet – 72A

Soft Tissue Wrist Injury

What do I need to know?

What is my diagnosis?

You have hurt your wrist, but the X-rays have not shown any breaks. This can be a painful injury but almost always heals by itself. A wrist splint helps the pain but should be removed as the pain settles to avoid wrist stiffness.

NB ED/MIU staff: this leaflet is solely for patients referred to the TTC. All other patients could be provided with the ED strains/sprains leaflet.

The clinician in the Emergency Department or Minor Injury Unit has asked for your X-rays to be double checked by the Orthopaedic team to make sure all of the small bones in the wrist are intact.



What happens next?

- Your X-rays and notes will be checked by a Consultant Orthopaedic Surgeon.

If nothing further is needed, we will not contact you

- If any other treatment or assessment is needed we will contact you by telephone or post
- Please make sure the Emergency Department/Minor Injury Unit reception staff have your mobile and home phone numbers

What should I expect during recovery?

Weeks 1 and 2

- The wrist will be painful but it should be tolerable while it is secured in the splint with normal sensation in your fingers. Paracetamol and ibuprofen can help this
- Begin exercises 1 to 4 shown overleaf
- You may notice some bruising and swelling in the fingers and some mild tingling/numbness.

Weeks 3 to 8

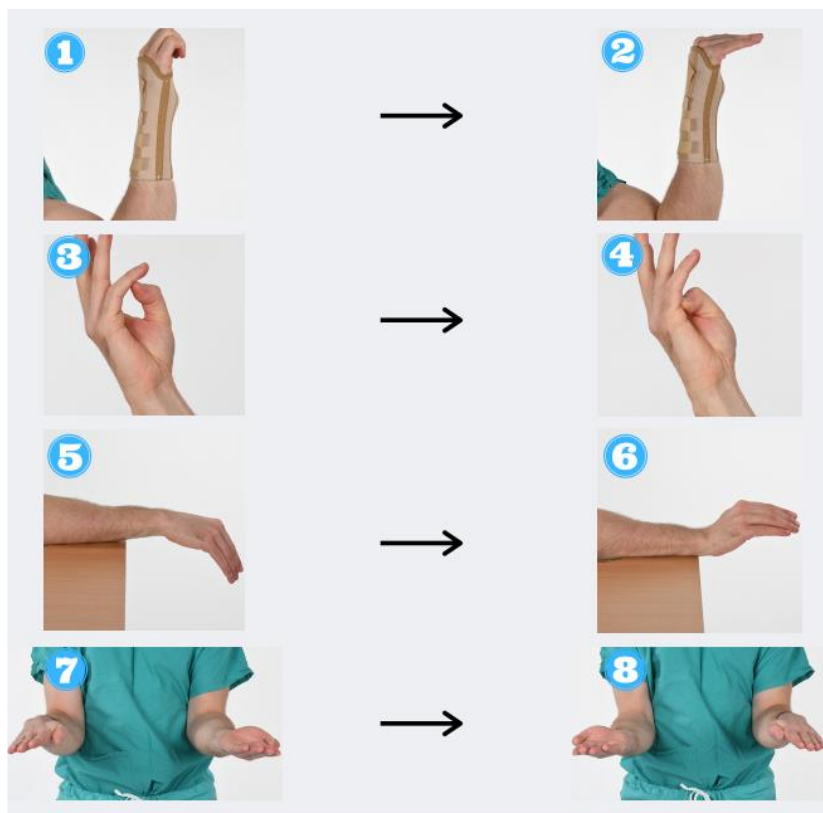
- The splint can be removed once the pain has reduced
- It will feel unusual to begin with and that is normal
- Begin exercises 5 to 8. Repeat 3 times a day for 10 repetitions.

Very rarely, there can be a fracture that doesn't appear on your first x-ray. If your wrist is still sore in two months please contact us, and we will arrange a repeat x-ray

Patient Information Sheet – 72A

Soft Tissue Wrist Injury

What do I need to know?



Top tips

- Keep your fingers, elbow and shoulder moving as much as you can
- Stop or cut down on smoking.

Get in touch

Please get in touch via our trauma email if you have queries about your injury:

traumaenquiriesRIE@nhslothian.scot.nhs.uk

If you do not receive a reply after 3 working days call our Monday-Friday helpline (8am-4pm):
0131 242 3410

Urgent issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am- midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 536 3468 (9am-8:30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)