

### What is my diagnosis?

You have broken (fractured) a small bone in your wrist called the scaphoid. The type of injury you have suffered is painful but almost always heals **without the need for surgery**.



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### What happens next?

- You will need to wear a splint or cast for **6 to 8 weeks**.
- You will receive a telephone consultation or fracture clinic review in the next **2 weeks**.
- Please ensure the Emergency Department/Minor Injury Unit reception staff have your mobile and phone home numbers.

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### What can I expect during my recovery?

#### Weeks 1 to 8: time in cast/splint

- The wrist will be painful, but the cast or splint will help
- Simple painkillers like paracetamol and ibuprofen can be taken
- You may notice some bruising and swelling in the fingers
- Perform the exercises on the next page to keep your fingers and thumb moving
- You can use your hand for light day to day activities but no heavy lifting.

#### Weeks 8 to 12

- Once you come out of the cast the wrist will feel unusual, but this is normal
- You may be referred to physiotherapy
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your vehicle normally and safely.

# Patient Information Sheet – 72B

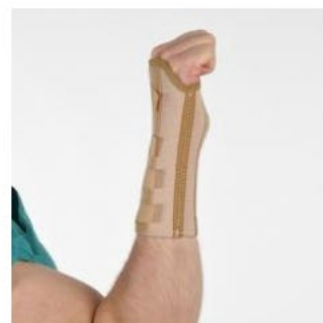
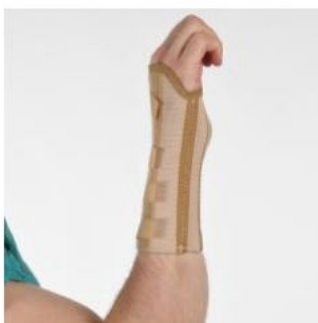
## Scaphoid Fractures

### *What do I need to know?*

### Top tips

- Elevate your wrist above the level of your heart when you are at home to reduce swelling
- Keep your fingers, elbow and shoulder moving despite your wrist being immobilised
- Stop or cut down on smoking while the bone is healing. Smoking has been proven to slow healing.

### Key exercises



### Finger movements

- Bend your knuckles fully then tuck in your fingers before making a full fist.

### Get in touch

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

[traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk)

Helpline Monday-Friday (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)