

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.

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 the small bones in the wrist are intact.

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



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 ensure the Emergency Department/Minor Injury Unit reception staff have your mobile and phone home numbers.

What can I expect during my recovery?

Weeks 1-2

- 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.

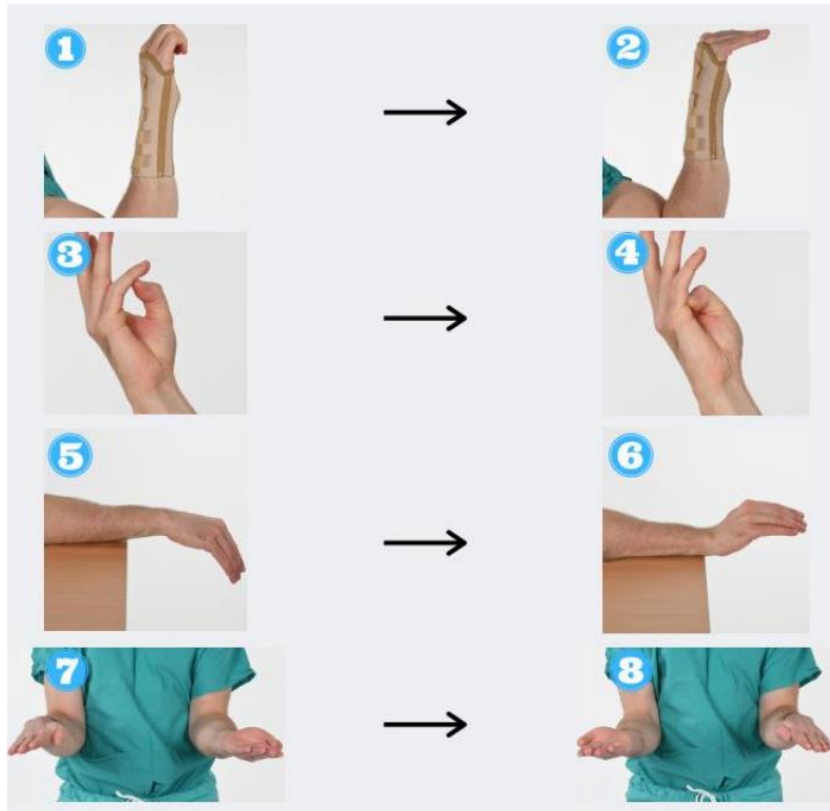
Very rarely, there can be a fracture that doesn't appear on your first x-ray.

If your wrist is still sore in two months please contact us, and we will arrange a repeat x-ray.

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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 any queries about your injury:

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 537 3468 (9am – 8.30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)

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