

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**.



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.

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

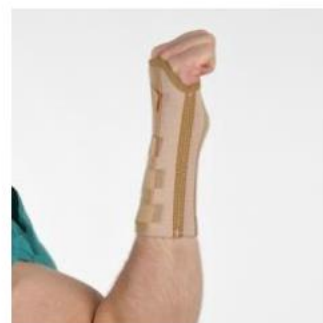
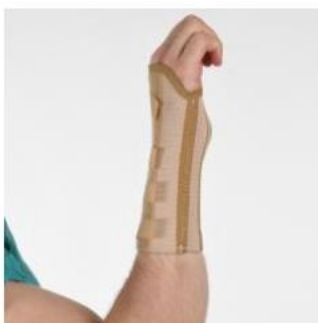
Scaphoid Fractures

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

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)