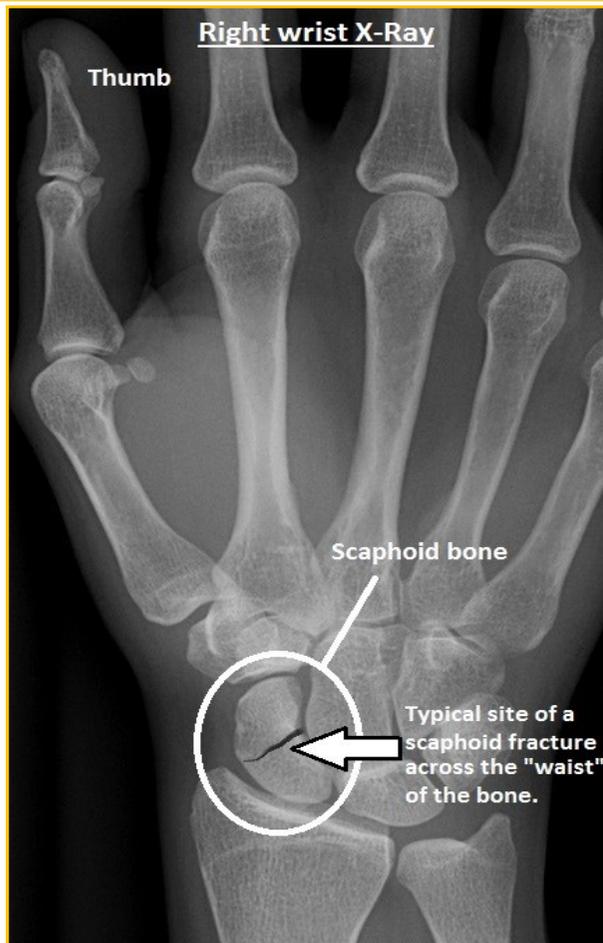


Name:

Date:



A crack or break in a bone is called a fracture.

In the wrist there are 8 small bones called the carpal bones. The largest of these is the scaphoid bone. The scaphoid bone is the carpal bone that is most often injured in a fall onto your outstretched hands.

Unlike most bones the scaphoid bone has a fragile blood supply. This can sometimes be disrupted by a crack across the “waist” of the bone. This can lead to problems with healing if it is not treated carefully.

Mostly a fracture of the scaphoid bone will show up on the first set of X-Rays and will be treated either in a splint or plaster cast. Occasionally a hairline crack or un-displaced (where the bone fragments have not moved out of position) fracture will not show until 10 days later.

People who have a painful scaphoid bone after an injury, but do not have any signs of a fracture on the first set of X-Rays may need to have further X-Rays 10 to 14 days later. By this time bone healing is well under way, making the fracture line more visible on X-Rays.

Initially, possible scaphoid fractures are treated with a removable wrist splint. A splint is good for treating stable, un-displaced fractures.

A confirmed scaphoid fracture may need treating at least 3 months and for up to 6 months. During this time the consultant will monitor the healing.

A complication of this type of fracture can be “non-union” of the bone. This means that the bone does not join back together. Sometimes surgery is required to help the healing process but this is uncommon.

Some patients will need more detailed scans such as an MRI to help with the diagnosis. The consultant will advise if and when this is needed. This type of scan will need to be arranged at the main hospital.

Advice on treatment

In the first few days applying ice for about 15 minutes, 3 to 4 times a day can help the pain and swelling. Wrap the ice in a damp towel before putting it on your skin.

Your wrist may swell after the injury. Keeping your wrist elevated above the level of your heart will reduce the swelling.

Wrist splints can be removed to carefully wash your hand and shower.

Adjust the splint using the Velcro straps if it is too loose or too tight.

- If it is too tight the fingers may become, numb, cold, swollen, pale or blue. **In this case loosen it straight away.**
- If it is too loose the wrist will not be supported and will become uncomfortable

Avoid any heavy work or sports during your treatment.

Take painkillers to control the pain – follow the manufacturers’ directions, take regular doses. Talk to your Pharmacist or see your GP if you need stronger painkillers.

Driving with an injury can be unsafe. Do not drive until you can safely control the vehicle. It is your responsibility to ensure you are safe to drive.

Smoking cessation

Smoking has been shown to increase fracture healing time. In some cases it can stop healing altogether.

Stopping smoking while your fracture heals will help you make a good recovery.

Stopping smoking for good will be even better for you.

Further information can be found at :

www.nhs.uk/smokefree



Further healthcare information can be found at:

www.patient.co.uk
www.nhs.uk

For real time updates on East Kent MIU and A&E current waiting times please download the WaitLess app.



Estuary View Minor Injuries Unit
Boorman Way
Whitstable
Kent
CT5 3SE
01227 284309

Open 8am to 8pm every day



Scaphoid bone Injury (Wrist)

Information for patients

www.whitstablemedicalpractice.co.uk
>Local services >Virtual fracture clinic