

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

### Discharge advice

## Scaphoid fractures



### What is a scaphoid fracture?

A scaphoid fracture is a break in one of the small bones in the hand. This type of fracture occurs after a fall onto an outstretched hand. Symptoms of a scaphoid fracture typically include pain and tenderness in the area just below the base of the thumb.

Scaphoid fractures sometimes, but not always, show up straight away on x ray. You might have a clinic appointment made 10-14 days after you were first seen in the Emergency Department to re-x-ray your hand and wrist.

Whilst your injury is healing your hand and wrist might be placed in a removable splint or cast.

Swelling and bruising at the injury site is normal. Simple, over the counter pain killers and applying ice to the area will help to reduce swelling and pain. Ice should be applied, wrapped in a tea towel, for 20 minutes three to four times a day.

#### **You should:**

- Keep the splint on at all times – if you have been given one – even at night. It can be removed for hygiene reasons.
- Keep your fingers moving while wearing the splint or cast to prevent your fingers becoming stiff.
- Elevate your hand in the days following your injury to help reduce swelling.
- Remove any rings or jewellery on the affected hand.

#### **You should not:**

- Stick anything down the cast or get the cast wet, if you have one.
- Take part in any physical contact sports, as guided by your consultant at your clinic appointment.
- Miss your clinic appointment if this has been requested.

### Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

#### **If you develop any issues or have concerns/questions we advise you seek help.**

Call the fracture liaison nurses on 01623 622515, extension 4114 between 8am and 4pm, Monday to Friday.

#### **Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**