

**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**

**Undisplaced distal radius fracture**



## What is an undisplaced distal radius fracture?

With this fracture, you have broken the bone on the thumb side of your wrist. The wrist is made up of two long bones, and several smaller bones in the hand.

The usual cause of a wrist fracture is a fall. The person falling tries to break their fall by putting their hand out to save themselves and in doing so, the wrist is forced backwards.

To enable the injury to heal, your wrist will be placed in a removable splint or a temporary cast. This will need to be kept in place for six weeks.

Swelling and bruising at the fracture 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 this has been applied), even at night. It can be removed for hygiene reasons.
- If you have been given a temporary cast, you must not get this wet.
- Keep your fingers moving while wearing the splint / cast to prevent your fingers becoming stiff.
- Elevate your hand in the days following your injury to help reduce the swelling.

### **You should not:**

- Drive whilst wearing the splint / cast.
- Take part in any physical contact
- sports (your consultant will advise you 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.**

For appointments, letters or leaflets (non-clinical queries) please call 01623, 622515, extension 2180.

For any plaster or splint concerns, please call 01623, 622515, extension 4114.

Both can be accessed between 8am and 4pm, Monday to Friday.

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