

## Scaphoid (wrist) injury

The scaphoid bone is one of the eight small bones in your wrist.

It can be fractured (broken) during a fall or if your hand is forcibly pushed backwards.

An injury to the scaphoid bone causes pain and swelling, mainly on the thumb side of your wrist.

The Emergency Department doctor or Emergency Nurse Practitioner who examined you suspects that you may have injured your scaphoid bone.

We know that a fracture (break) of the scaphoid is sometimes not visible on an X-ray taken in the first few days after the injury. For this reason you will be treated as if you have a fracture today even if it is not identified on your X-ray. This will normally be in a removable Velcro wrist splint.

You will be referred to the Virtual Fracture Clinic, where your X-ray will be reviewed by an orthopaedic consultant the next working day. Following this review you will be phoned and either offered a follow up appointment, or a second x-ray will be arranged for you.

This second X-ray will be 10-14 days after your injury. This may confirm or rule out a fracture because bone healing should now be visible on the X-ray. You will not be seen in the Fracture Clinic after this X-ray; you will be phoned again the next working day and told the results and given advice about the future care of your injury.

Nurses from the Virtual Fracture Clinic are available to contact by telephone – Fracture Clinic on 0118 322 6567 or mobile number: 07554 330 369 (12pm – 5pm Monday to Friday). While the clinic is running, we are unable to take calls but the answerphone is in use so please leave a message – we will respond to all messages left.

Friends & Family Test: While you are in hospital please spare a few moments to answer one question ‘Would you recommend our service to family and friends if they required similar care or treatment?’ by filling in the card you have been given.