



## Possible Scaphoid Injury

The scaphoid bone is one of the small bones in your wrist and is the most common carpal bone to break (fracture). A scaphoid injury / fracture is usually caused by a fall on to an outstretched hand.

Diagnosis of a scaphoid fracture can sometimes be difficult. On examination there may be a specific point where you are tender or specific movements that are painful if you have a scaphoid fracture.

A fractured scaphoid may not show up initially on X-ray.

In some cases, a scaphoid fracture will not show up on an X-ray until 10 - 14 days after the initial injury. At this time, the healing process will have started in the bone, which will help the fracture site to show up.

If a scaphoid fracture is suspected but not confirmed on an initial X-ray, you will usually be treated as if you have a scaphoid fracture and a follow-up appointment arranged after 10 – 14 days.

You will be treated with a Velcro splint to support the wrist and help keep any possible fracture in an appropriate position.

### Splint care

- Keep splint on at all times unless washing or bathing.
- Elevate your arm when resting and walking.
- Mobilise your fingers and wrist regularly.

### Pain management

Please take regular simple painkillers such as Paracetamol or Ibuprofen. If simple painkillers do not manage your pain please discuss pain management with your local Community Pharmacist or GP.

Please return to the Emergency Department immediately if you suffer any of the following symptoms:

- Increased pain in wrist
- Any numbness to hand or fingers
- Any change in colour to your fingers
- Increased swelling in your fingers

### Follow-up

You will be seen in the Emergency Department Consultant Clinic in 10-14 days and your injury will be reviewed.

The splint will be removed and the wrist will be examined again. Some patients may need a repeat x-ray and for others, no further treatment is required. However, more tests may be done if the second x-ray is normal but the area is still very sore.

If the x-ray reveals a fractured scaphoid bone, you will need to be in plaster for a further 8-12 weeks. Occasionally surgery may be required.

### Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

### Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

### **If you have any comments about this leaflet or the service you have received you can contact :**

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

[www.cht.nhs.uk](http://www.cht.nhs.uk)

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔