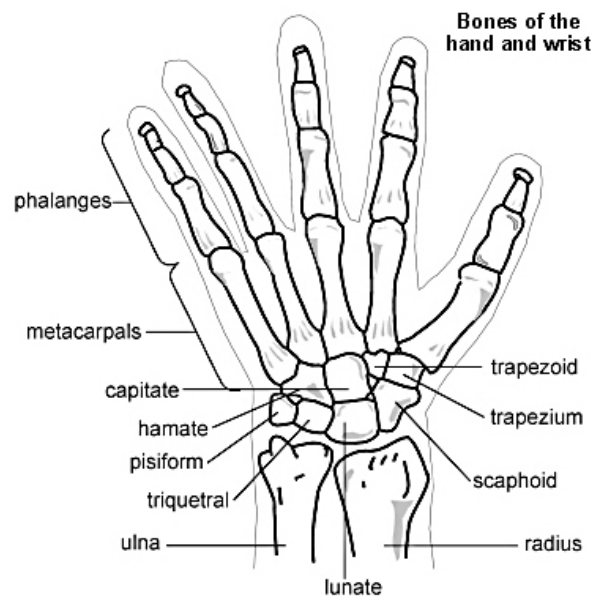


# Suspected scaphoid injury

## Introduction

Your wrist has been examined and found to be tender at an area where the scaphoid bone sits. The scaphoid bone is one of the carpal bones in your hand, around the area of the wrist. A scaphoid fracture (crack or break) is usually caused by a fall on an outstretched hand. Symptoms can include pain, swelling and reduces movements around the wrist.



Diagnosis of a scaphoid fracture can sometimes be difficult as not all show up on X-rays. In some cases, a scaphoid fracture is not obvious on an X-ray until around 10 to 14 days after the initial injury, even then fractures might not show, and may be referred to fracture clinic for further assessment.

## Treatment

You have been given a splint to support the wrist and the scaphoid bone. The clinician would have requested you to return to the Minor Injury Unit in 10 to 14 days so that your wrist can be re-examined, and it can then be determined if a further follow up X-ray examination is required. X-rays are not repeated any earlier because the bone changes that are visible on an X-ray at the site of a fracture may only become visible at that time or later.

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## Advice

- Use the splint day and night. It may be removed for hand washing and showering. Wash and dry your wrist and hand carefully.
- Keep your arm elevated in a sling for the first 2 days; the sling should be taken off at night.
- It is advised that you take regular simple painkillers.
- Exercise all joints not in a splint.

## Follow up

The scaphoid bone is not simple to examine and without specialist training you will be unable to check it for yourself. It is therefore very important that you re-attend the Minor Injury Unit for your follow up review as advised.

**Please contact your GP or NHS111 for any queries or concerns.**

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

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