Suspected scaphoid (wrist) injury

Information for patients

This sheet provides information about the management of suspected scaphoid injuries. If you would like further information, or have any particular worries, please do not hesitate to ask your nurse or doctor.

Your wrist has been examined and found to be tender at an area where the scaphoid bone sits.

Your splint
You have been given a splint to support your wrist and scaphoid bone as you have a suspected scaphoid injury. Use the splint day and night.

You should remove the splint when washing your hands and showering – please wash and dry your affected hand carefully.

For the first two days after the splint is put on, keep your arm elevated on a pillow when you are resting.

Use painkillers such as paracetamol if it is painful. Please follow the advice on the medicines information leaflet.
Your virtual fracture clinic appointment
A virtual fracture clinic appointment has been made for you. You will be contacted by the virtual fracture clinic team by phone to discuss your case and to determine if a follow up x-ray examination is required.

If required, this x-ray will usually be 10-15 days after your initial x-ray. X-rays are not repeated any earlier than this as bone changes are not visible before this time frame.

A follow-up fracture clinic appointment will be booked for you to coincide with your x-ray appointment where you will be given the results.

If you have any worries or concerns following discharge from hospital, please contact the virtual fracture clinic at the hospital you attended:

- **For Barnet Hospital:**
  - Phone on 020 8216 4445, 9am to midday, Monday-Friday, or leave a voicemail outside of these hours.
  - Email: RF-TR.barnethospitalvfc@nhs.net

- **For the Royal Free Hospital:**
  - Phone on 020 7472 6222, 9am to midday, Monday-Friday, or leave a voicemail outside of these hours.
  - Email to: RF-TR.royalfreehospitalvfc@nhs.net

- Attend the emergency department or your local walk in centre outside of these hours.
Assessment in the virtual fracture clinic

Our fracture clinics have been redesigned to offer you a safe and effective process for assessing your broken bone(s).

Coming to a traditional fracture clinic can be unnecessary in many cases, and often difficult due to the pain and immobility you may experience.

It can be apparent at the time of your first fracture clinic appointment that the opinion of a specialist is required.

This can now be provided at our virtual fracture clinic. The ‘virtual’ clinic is the hub of the new assessment process.

Your x-ray(s) and initial assessment documentation will be reviewed in the virtual fracture clinic by the orthopaedic team within 72 hours of your attendance at the emergency department.

You will not need to attend the hospital for the assessment to take place.

A trained, experienced orthopaedic nurse or physiotherapist will contact you by telephone after this assessment to discuss your treatment or provide advice. They may also arrange a follow-up appointment at the most appropriate clinic.
Date of your assessment:

An orthopaedic nurse or physiotherapist from the virtual fracture clinic will call you at some point between the hours of 9am and midday.

Please ensure the hospital has your correct contact details prior to leaving the emergency department and that you are available to receive this call. If you are not available on the telephone a message will be left where possible.

Patients and their GPs will receive a letter outlining the assessment and outcome.

If you have any questions, please contact the virtual fracture clinic at the hospital you attended using the contact details above.

Acknowledgment and references

We would like to thank Glasgow Royal Infirmary for allowing us to reproduce their leaflet. If you require a full list of references for this leaflet please email RF-TR.royalfreehospitalvfc@nhs.net.

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please ask a member of staff.

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