Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department
Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201
Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit
Cumberland Centre
Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390
Opening times: **8:30am - 9pm**

Minor Injuries Unit
South Hams Hospital
Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349
Opening times: **9am - 5pm**

Minor Injuries Unit
Tavistock Hospital
Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233
Opening times: **8am - 10pm**

www.livewellsouthwest.co.uk

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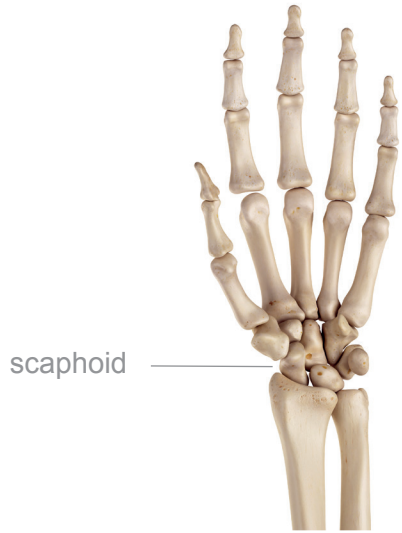
Scaphoid Injury or Fracture

Information & Advice



Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

This information leaflet is designed to supplement the information the Practitioner has already given you about your injured or fractured wrist.

Fractures of the scaphoid

The scaphoid bone is one of the carpal 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 if you have a scaphoid fracture. This is known as the anatomical snuffbox. It is a depression in your skin on the back of your hand near to the base of the thumb. Movement of your wrist in certain directions may also be painful if you have fractured your scaphoid.

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.

So, 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 repeat X-ray may be suggested after 10 - 14 days.

Treatment options following X-ray

- You may need to have your wrist put in a splint if no obvious fracture to the scaphoid is seen on initial X-ray.
- You may need to have your wrist put in a plaster cast for 8 - 12 weeks if a fracture is seen.

It is also very important that you keep your affected arm moving, not only your fingers but also your elbow and shoulder as these will become stiff if not used and can give problems in the long term.

Splint care if required

Keep splint on at all times unless washing or bathing.

Elevate your arm when resting and walking.

Mobilise your fingers and wrist regularly as above.

Plaster care if required

Keep your plaster dry and do not get it wet.

Do not scratch underneath the plaster.

Read your exercise leaflet and perform the exercise regularly to prevent stiffness as above.

Do not wear any jewellery for the first week.

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.

You will be followed up in MIU Clinic and you will be X-rayed again in order to show whether there is a fracture.

Your appointment date and time is:

You will be followed up in the fracture clinic at your local hospital and your appointment is:

Please return to the Minor Injuries Unit or Emergency Department 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**
- **Your plaster becomes wet or damaged (cracked or breaking)**