

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

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Livewell Southwest



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Information & Advice

Colles Fractures of the Wrist

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 fractured wrist.

Fractures of the wrist are very common

A Colles' fracture occurs most frequently from a fall on to an outstretched hand, but any sudden force pushing the hand backwards can be responsible for this type of fracture.

A Colles' fracture is a break of the lower end of the radius bone near the wrist.

You may experience the following signs and symptoms:

- Pain, swelling and / or stiffness mostly over the injured area.
- Bruising.
- You may have deformity (out of shape).

What treatment will I receive?

Following your examination and assessment by the Practitioner you may be referred for an x-ray of your wrist.

Treatment options following x-ray

- You may need to have your wrist put in a splint.
- You may need to have your wrist put in a plaster cast.
- You may need to have your wrist reduced (put back into its original position) and then plaster applied - in the Emergency Department.
- In some cases you may need an operation to fix the fracture - again you will be referred to the Emergency Department who will explain the procedure.

If the Practitioner has decided to treat you in plaster cast, it is important in the early stages to elevate your arm. You will be put in a sling for use during the day. You can rest your arm on a pillow when resting, during the evening and at night time.

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.

Plaster care

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.

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 the fracture clinic at Derriford Hospital and your appointment date and time is

Please return to the MIU 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 to your fingers
- Your plaster becomes wet or damaged (cracked or breaking)