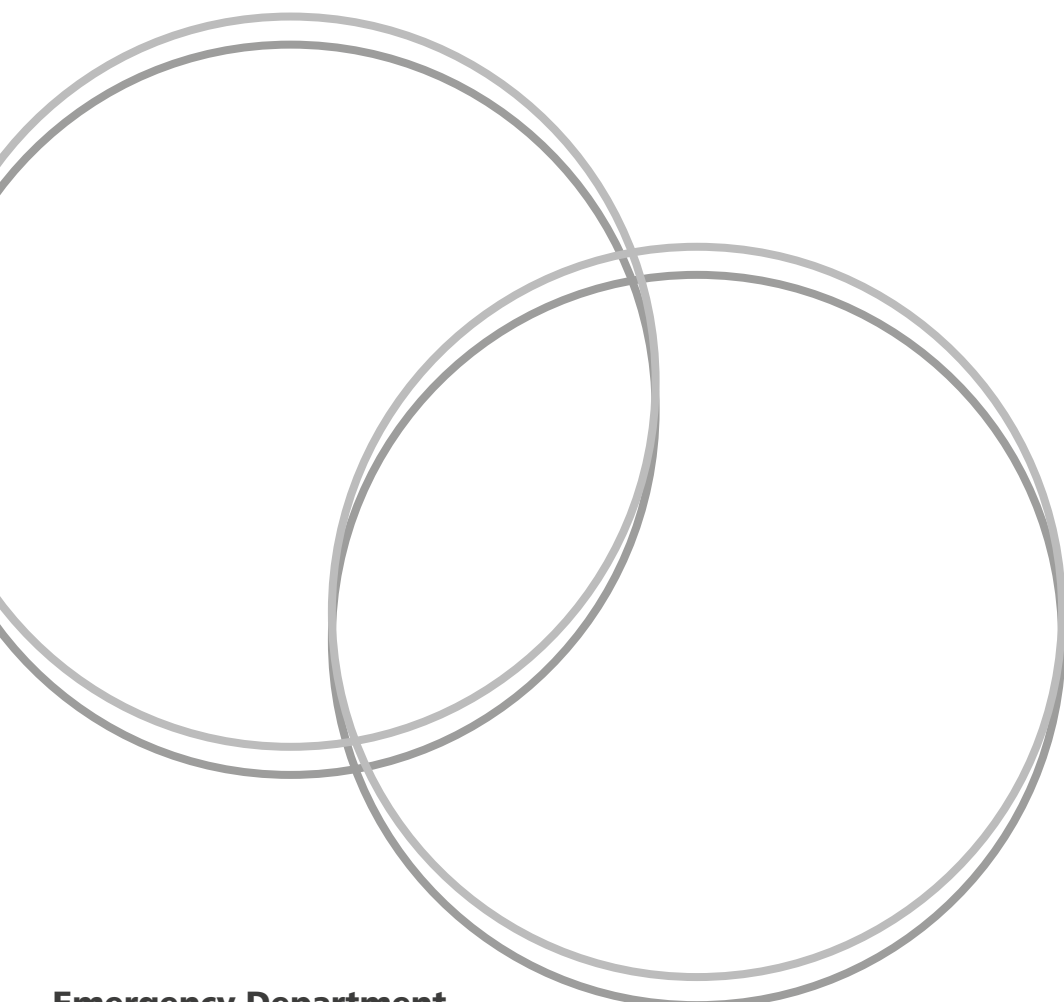


Scaphoid Fracture

Information for patients



What is the scaphoid?

The scaphoid bone is one of the 8 small bones in your wrist.

How is a fracture diagnosed?

You will have had an X-ray to look for a scaphoid fracture (break in the bone). It is sometimes difficult to see a fracture of the scaphoid on X-rays and you may need to have further imaging to help identify this.

Your X-ray DOES show a scaphoid fracture...

You will have had a plaster cast applied to your lower arm to help protect the fracture seen on your X-ray. This is for comfort and to stop you moving your wrist. The cast is not removable and must be kept dry. Please see the additional **'Caring for your temporary plaster cast'** leaflet for further information.

Your wrist may swell up after the injury. Keeping your wrist elevated as much as possible will help to reduce the swelling. A sling will have been provided to help you with this.

What happens next?

You will be contacted on the telephone by a member of our Scaphoid Team on the number you have provided. They will provide you with details of any further imaging required to help us decide how to manage your fracture or any follow up that needs to be arranged. Please be aware the phone call will be made from a hospital telephone and may register on your phone as a withheld number.

If you have not heard from the Scaphoid Team within 2 working days, please contact them at this email address: ouh-tr.scaphoidpathway@nhs.net

Banbury Horton General Hospital patients ONLY:

You will be given details of your next day fracture clinic appointment in the Emergency Department before you leave.

Telephone: **01295 229 364** (Clinic 9am to 1pm)

Telephone: **01295 220 367** (Outpatients reception)

Your X-ray DOES NOT show a scaphoid fracture...

You will have had a splint applied to your wrist to help protect the injury. This is for comfort and to stop you moving your wrist. Wrist splints should be worn at all times, including whilst sleeping. If you do remove the splint for showering/bathing, you should avoid moving or using your injured wrist.

Your wrist may swell up after the injury. Keeping your wrist elevated as much as possible will help to reduce the swelling. A sling will have been provided to help you with this.

To help us confirm whether you have a fracture and decide how to manage your injury, an MRI (magnetic resonance imaging) scan of your wrist has been requested. Please see the additional MRI leaflet explaining what to expect at your appointment.

How is your MRI booked?

The MRI Team should contact you within 2 working days on the telephone number you provided to confirm the date, time and location of your scan. Please be aware we are unable to provide patient transport for this. If you have not heard from the MRI Team within this time, please contact the MRI booking hub on **01865 221 144**. You can also use this number if you wish to change or cancel your appointment.

If you fail to attend your MRI scan without contacting us, you will be discharged from the service. You will need to re-attend the emergency department if you continue to experience pain in your wrist.

What happens after your MRI scan?

Following your MRI, you will be called by a member of the Scaphoid Team to discuss the results and the next steps of your treatment. If the MRI shows a fracture, you will likely be required to attend the plaster room in the trauma unit to have a soft cast fitted.

What happens next?

Most patients are followed up by telephone, to avoid having to attend a face-to-face appointment. We will inform you if a follow up appointment is required. Please be aware the phone call will be made from a hospital telephone and may register on your phone as a withheld number.

Pain relief

The splint or plaster cast you have been provided with, will help to reduce the level of pain by keeping your wrist stable. You should take regular paracetamol if needed. Please read and follow dosage instructions on the packet carefully. If you feel the paracetamol is not controlling your pain, please attend a local pharmacist for further advice on pain control.

How to contact us

If at any point you are worried or concerned please return to the **Emergency Department.**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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