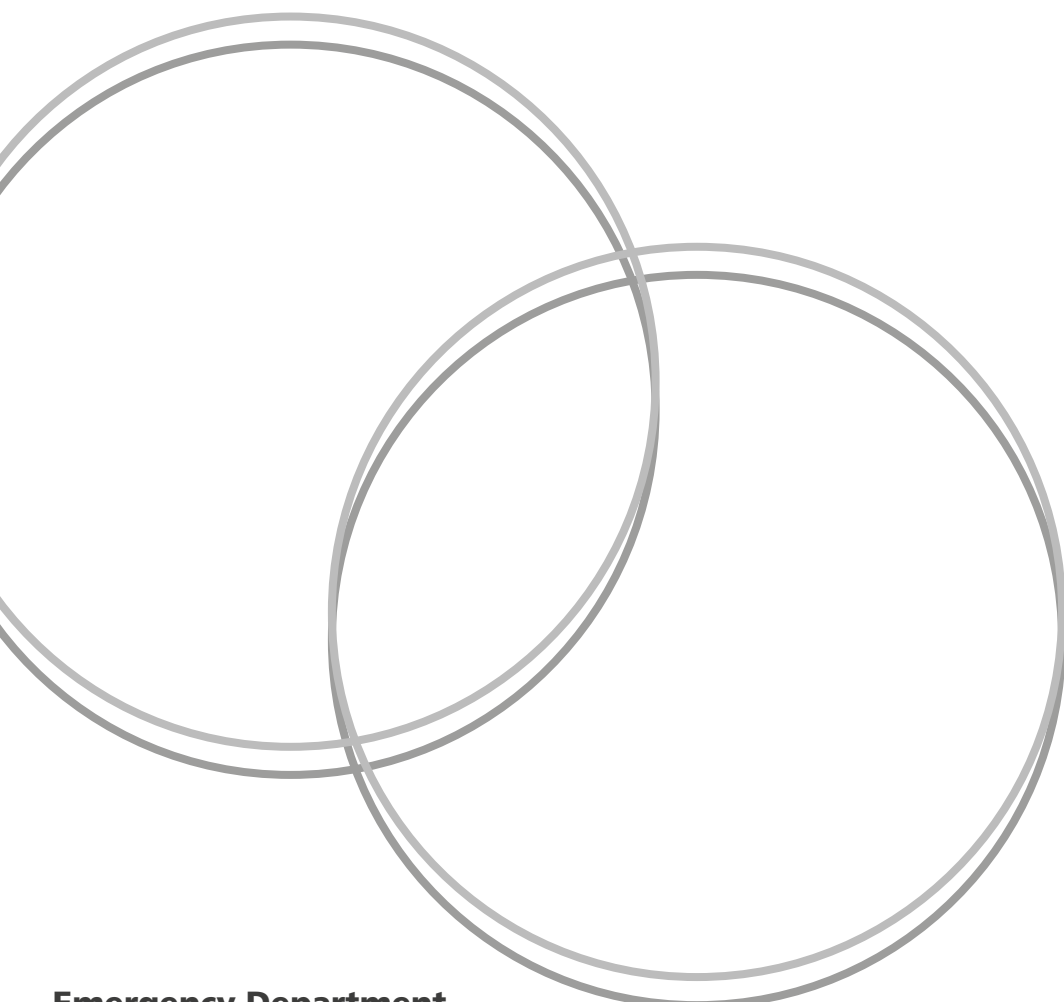


Scaphoid Fracture

Information for patients



Emergency Department

What is the scaphoid?

The scaphoid bone is one of the 8 small bones in your wrist. It is on the thumb side of 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. If your x-ray does not show a fracture, you will be treated as a 'suspected' scaphoid fracture.

Pain and swelling

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 as needed. Paracetamol is widely available over the counter in many shops without a prescription. Please read and follow dosage instructions on the packet carefully, if you feel paracetamol is not controlling your pain, please attend a local pharmacist for advice on further pain control options.

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.

If 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. 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.

What happens next?

You will be contacted on the telephone by a member of our Radiology Department on the number you have provided to arrange any follow-up that is needed. Please be aware the phone call will be made from a hospital telephone and may register on your phone as a withheld number.

You may need a CT (computed tomography) scan to provide more detail about the fracture. This will help us decide how to manage your fracture. The Scaphoid Team will provide 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 Scaphoid Team within 2 working days, please contact them at this email address:

scaphoidpathway@ouh.nhs.uk

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)

If 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.

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 'Having an MRI scan' leaflet, which explains 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 may be required to attend the plaster room in the trauma unit to have a soft cast fitted. The Scaphoid Team will provide a date, time and location for this.

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.

Follow up Questionnaire

You will be sent a questionnaire by email about how you are feeling within a few days of your telephone or face-to-face follow-up appointment. You will also be sent another questionnaire approximately 3 months later. This will be sent to the email address registered with your GP. Please be aware, this can occasionally be redirected to your junk or spam folder.

We would be grateful if you could look out for these emails and take the time to complete the questionnaires. Your feedback is very important and will help us to continue to improve our service for future patients.

How to contact us

If at any point you are worried or concerned about your injury, 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.

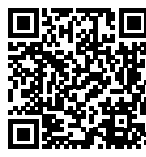
Author: Emergency Department

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Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



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