
PATIENT INFORMATION – SCAPHOID INJURIES

Your scaphoid is a small bone in your hand between your thumb and wrist. It can be difficult to diagnose a scaphoid bone fracture as the break cannot always be seen on an initial x-ray. Sometimes it is not visible for 10-14 days. Because of this it is usually treated as broken even if it can't be seen on the x-ray.

Treatment

Treatment for a scaphoid injury is done by using a scaphoid plaster or sometimes a lightweight splint. You will have been asked to return to the hospital in 10 – 14 days for a check up.

Next steps

The plaster/splint will be removed and the wrist will be examined again. Some patients may need a repeat x-ray and for others, no further treatment is required. However, more tests may be done if the second x-ray is normal but the area is still very sore.

If the x-ray reveals a fractured scaphoid bone, you will need to be in plaster for a further 8-12 weeks. Occasionally surgery may be required.

Recovery

A scaphoid break (fracture) will usually heal well if it is recognised and treated early.

SCAPHOID INJURIES CONT

Further Advice/Instructions

Please use this section to give the patient specific information e.g. follow up appointments or after care advice.



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the Choose Well website at www.choosewellwales.org.uk

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact ppi.team@wales.nhs.uk

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47
www.nhsdirect.wales.nhs.uk