

# Patient Information Sheet – 2R3

## Simple Wrist Fracture

### *What do I need to know?*

### What is my diagnosis?

You have fractured (broken) your wrist bone. The type of injury you have suffered is very common - hundreds of people have this injury each year in Lothian. Almost all of these injuries heal fully **without the need for any intervention or surgery**. You should have been provided with a wrist splint.

### What happens next?

- Your X-rays and notes will be checked by a Consultant Orthopaedic Surgeon

**If nothing further is needed, we will not contact you**

- If any other treatment or assessment is needed we will contact you by telephone or post
- Please make sure the Emergency Department/Minor Injury Unit reception staff have your mobile and home phone numbers
- Occasionally you will receive a telephone consultation or fracture clinic appointment.

### What can I expect during my recovery?

- The injury will heal over the course of **6 weeks** but you may have some aching for up to **3 months**
- Move your fingers as much as possible – you should be able to **make a fist within 2 weeks**
- The splint provides comfort but doesn't need to hold the bones tightly together
- The splint can be removed when washing and can be taken off to allow gentle movements
- Most patients wear the splint for **four to six weeks** and stop wearing it altogether once their pain improves
- Regaining a full range of movement as soon as possible will speed up your recovery
- Perform the exercises on the next page
- Most people return to desk work by **2 weeks**, but manual work may not be possible for **6 to 8 weeks** depending on your symptoms
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast, or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your vehicle normally and safely.

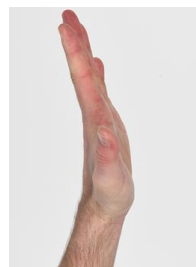
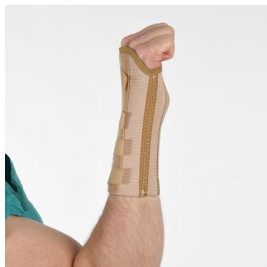


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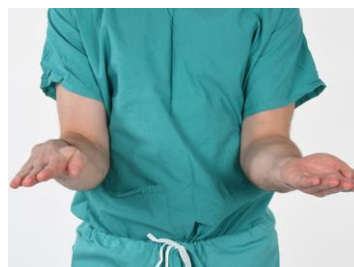
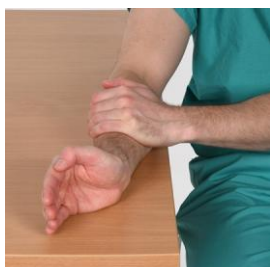
### *What do I need to know?*

### Key exercises (3 times a day)



### Finger movements

- Bend your knuckles then tuck in your fingers to make a fist. Extend your fingers straight



### Wrist movements

- When the pain has settled, remove the splint and start to bend and straighten your wrist. Once comfortable, rotate your wrists so your palm faces the ceiling, then the ground.

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## What if I have a problem?

Very occasionally some patients have difficulties with ongoing pain or stiffness. If you have any issues beyond **three months** after injury, please contact us on the details below.

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## Get in touch

Please get in touch via our trauma email if you have queries about your injury:

[traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk)

If you do not receive a reply after 3 working days call our Monday-Friday helpline (8am-4pm):  
**0131 242 3410**

## Urgent issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am- midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 536 3468 (9am-8:30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)