




Bone & Joint Open

Supplementary Material

Supplementary material 1. Patient discharge advice sheet.

Forth Valley Royal Hospital & Stirling Community
Hospital
Emergency Department/
Minor Injuries Unit



- The doctor or nurse treating you feels there is a small chance that you may have a fracture in your wrist. The wrist has several bones in it, and the one we are referring to is the scaphoid bone.
- You have been provided with a Velcro wrist splint to use. **Keep this on for 2 weeks**, which should help with pain and swelling. You can remove it briefly when taking a shower / bath.
- You can take simple pain killers to help with pain too, such as paracetamol or ibuprofen, always following the instructions on the packet.
- Elevating your injured arm on a pillow when you're sitting / lying down might help reduce the swelling too.
- After two weeks, remove the splint, and see how your wrist feels:
 -  If your pain and any swelling have more or less gone, you may discard the splint and return to normal. In this case you are likely to have sprained the wrist only. There is no need to contact us and you do not need any follow up.
 -  If your pain and any swelling are still present and significant, please contact us on the following details to arrange for a review appointment. In this case, continue to use the splint until your review appointment. Please do not call us until at least 2 weeks has passed since your injury.
 -  If you're not sure whether either of the above options applies to you, give us a call and we can offer you a review appointment too.
- Our contact details:
 - Forth Valley Royal Hospital Emergency Department
 - Reception team – 01324 566100 – staffed 24hrs a day.
 - State that you are calling about your **clinical scaphoid injury** and our reception team will be pleased to offer you a review appointment. Remember – don't call unless at least 2 weeks has passed and you still have ongoing pain or discomfort, or you're not sure.

- This appointment will be with one of the senior emergency department doctors and is held in the Emergency Department.