

Scaphoid Fracture
Orthopaedic Department
Patient Information Leaflet

Under review

What is a Scaphoid Fracture?

The scaphoid bone is situated on the thumb side of the hand, it may be injured by a fall on an outstretched hand, by a blow to the wrist or from punching.

Some fractures of the scaphoid are not always visible on the initial x-ray however the fracture line will become visible within a few days and a second x-ray approximately 2 weeks later will be requested to confirm or not the presence of a fracture.

Even if the Doctor cannot see a fracture on the initial X-ray, when he / she examines You, if they suspect the bone may be broken or that there is soft tissue trauma, they will treat it as a fracture until confirmation or not two weeks later.

Fractures of the scaphoid can occur in different parts of this bone and some type of fracture can experience delays or failure to heal on their own. As a result, some patients require an operation to fix the bone. In general it can take up to 6 months for the fracture to heal; most patients will be X-rayed at that time to confirm healing of the fracture.

What is the treatment for Scaphoid Fractures?

Conservative (non surgical) treatment

Scaphoid fractures can be treated by immobilising the wrist and thumb in a plaster cast.

You will have an x-ray after 2 weeks to confirm if a fracture occurred and to review the current healing process. Another x-ray will be taken out of plaster to see how well the bones are healing. The doctor will assess you and if you are experiencing pain a splint will be applied instead of the plaster.

You will be given a care of your plaster cast leaflet; this will contain dos and don'ts of looking after your cast along with telephone numbers if you have any problems with the cast.

Surgical treatment

Delayed union or nonunion

Delayed union is when the scaphoid bone has not healed completely after four months of being treated in a plaster cast. Nonunion is when the scaphoid fracture has not healed at all. In nonunion, the bony fragments are still completely separated.

If delayed or nonunion occur, various treatments may be suggested, including wearing a cast for a longer period or surgery where a screw is inserted to help join the bone fragments together. Surgery may involve a bone graft to help with fracture healing. This is when bone tissue is taken from another area of bone in your wrist and inserted into the fracture site.

What are the risks of surgery?

Surgery has various complications. There are possible complications that you should be aware of if you have an operation:

- infection
- damage to blood vessels and nerves
- painful scars
- stiffness
- problems with the metalwork
- failure of the bone to heal

If you have any problems during this treatment episode please speak to the doctor or nurse in clinic.

Further Information

Orthopaedic and Fracture Clinic:-
Monday – Friday
Tel: 01384 456111 Extension 2220

This Information can be made available in large print, audio version and in other languages, please call 0800 0730510.

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीਫ਼ोन ਨੰਬਰ **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) ، فرجاء ا اتصل بمنسق المعلومات للمريض **0800 0730510** على التلفون **Information Co-ordinator**

حسب ضرورت اس ایف ایٹ کو اپنی زبان (اوردو) میں حاصل کرنے کے لئے برہم پرائی ٹیلیفون نمبر **0800 0730510** پر ویڈیٹ انٹرنیشنل کو اور ایمل (مریٹوں کے لئے معلومات کی فراہمی کے سلسلے میں) کے ساتھ رابطہ قائم کریں۔

Originator:	J Saunders
Date:	Feb 2013
Version:	1
Date for Review:	Feb 2016
DGOH Ref:	DGOH/PIL/00861