

## What Should I Watch Out For?

If you experience any of the following symptoms, please seek medical advice:

- Increased pain in wrist.
- Changes in the colour to your fingers.
- Increasing swelling to your fingers.
- Any numbness or tingling to your hands or fingers.

If you require further advice or are not sure then please contact your GP or phone 111



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

# Scaphoid Injury or Fracture

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Document number: MWL2013  
Version: 001  
Review Date: 01 / 11 / 2026

## What is the Scaphoid Bone?

The scaphoid bone is one of the 8 carpal bones of your wrist. It sits below the thumb.

It is the most common carpal bone to injure or break (fracture).

Most people experience a scaphoid injury or fracture from falling on their outstretched hand.

## The Issue with the Scaphoid

The scaphoid bone has a blood supply from one small vessel (artery). If there is a fracture, this can cut off the blood supply and stop oxygen and nutrients reaching the bone.

When this happens, it can cause complications such as slow healing (delayed union) or no healing (non-union).

Sometimes the blood supply is so poor it can lead to a condition called avascular necrosis, where part of the bone dies. This can cause continued pain, deformity, and arthritis.

## Management

Following your examination today, your practitioner suspects you have a scaphoid injury or fracture.

It is likely you have had an X-ray today and may have been told there is no fracture (break) visible.

## Management continued...

Scaphoid fractures (breaks) are not always seen on X-ray following injury and can take up 10-14 days following injury for the break to become visible.

If this happens, your practitioner will usually treat you as if there is a scaphoid fracture. You will be booked in for an Emergency Department review clinic in 10-14 days time.

## ED Review Clinic

You will be given an appointment slot for a review clinic in 10-14 days time. Here a physio practitioner will perform examination and will decide if you need further x-rays of your wrist.

**It is important you attend this clinic appointment so that we can treat you and prevent possible future problems.**

## Your Treatment Following X-rays:

If a fracture is seen, you will have a plaster cast applied and you will be referred for the virtual fracture clinic for follow up.

If no fracture is seen, you may need a wrist splint to help support and prevent further injury. You will be referred to ED review clinic.

## Splint Care

- Remember to wear your splint all the time.
- You can remove your splint when washing or bathing.
- Elevate your arm when resting or walking.
- Remember to keep your affected arm moving including your shoulder, elbow, and fingers. Not doing so will cause these to become stiff and give you problems in the long term.

## Plaster Care

Ask your practitioner for the leaflet "Looking after your plaster cast".

## Pain Relief

If you experience pain, you can take simple pain relief such as paracetamol or ibuprofen. These can normally be bought over the counter at your local pharmacy or supermarket.

If simple painkillers are not managing your pain, you may need to discuss this with your GP or pharmacist.