


## Information following discharge from Children's Emergency Department and Cromer Minor Injuries Unit Following a Wrist injury with a suspected Scaphoid bone injury up to age 12

- 1) Get your child to use the splint provided for **2 weeks**, this can be removed for washing and bathing only.
- 2) Keep their hand elevated to help reduce swelling.
- 3) Keep their fingers gently moving.
- 4) Take regular pain relief (paracetamol or ibuprofen) use as directed on the label.
- 5) Your child should avoid doing sports and contact/impact activities (bouncy castles/trampolines/soft play/PE etc.) whilst in the splint.
- 6) Look out for any concerns (called Red Flags  )
  - a) Increased swelling around base of their thumb
  - b) Their pain not settling with adequate pain relief
- 7) After **2 weeks** post injury you should check (see pictures) if your child has;
  - a) Increased pain when pressing around the base of the thumb.
  - b) Increased pain when pushing hard against a solid surface with the hand flat and the arm at 90°.



If you have any concerns about the 'Red Flags' described above or the child is not getting to near full recovery by two weeks, please contact:

The Children's Orthopaedic Nurse Specialist on **01603 287266**.

If you get the answer machine please leave your child's name, date of birth, the date you were in the Emergency Department or Minor Injuries Unit and a contact number to call you back. We will aim to reply to your call within 48hs.

There is no routine follow up planned for this type of injury, as we expect your child to recover without difficulty by two weeks.

**Please note:** You may be contacted by the hospital if any x-rays have been reported as bony injuries. You must then follow their updated instructions.

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received at hospital. Please visit:

<http://ratenhs.uk/IQu9vx> Or scan QR code:

