



East Sussex Healthcare  
NHS Trust

# Patient information

## Carpal Fracture (for review)

### Fracture Care Team: Shared Care Plan

Trust Switchboard for both sites: 0300 131 4500

Fracture clinic and orthopaedic outpatient appointments:

Eastbourne 0300 131 4788

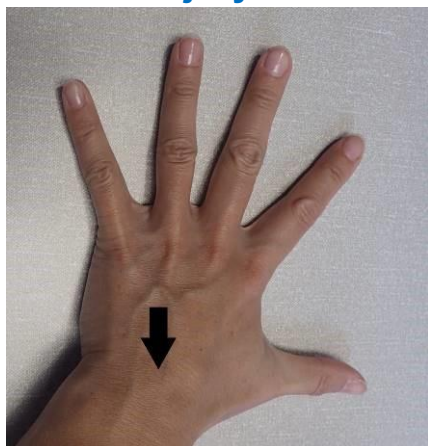
Conquest 0300 131 4861

This information leaflet explains the ongoing management of your injury.

**You have broken one of your carpal bones (small bones at the bottom of the hand- see picture).**

<b>Healing:</b>	This normally takes approximately 4-6 weeks to heal. The cast is to help the bones heal you will need it for 6 weeks. If you are having problems or discomfort with the cast please get in touch.
<b>Pain and swelling:</b>	Take pain killers as prescribed.
<b>Using your hand:</b>	You may use the hand as pain allows.
<b>Follow up:</b>	We will arrange for an appointment in 4 - 6 weeks to remove the cast and to be seen in fracture clinic..

If you have not received an appointment letter for this please contact us on the telephone number above.

**Area of injury:**

If you are worried that you are unable to follow this rehabilitation plan,

**Or** if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

**Or** have any questions, please phone the Fracture Care Team for advice.

**Please follow the management / rehabilitation plan**

Weeks since injury	Plan
0 - 6	<ul style="list-style-type: none"><li>✓ Your arm will be in a cast for 4 - 6 weeks</li><li>✓ Your cast will be removed at your fracture clinic appointment.</li></ul>
6 -12	<ul style="list-style-type: none"><li>✓ The injury should have healed.</li><li>✗ Heavy tasks or lifting may be uncomfortable.</li></ul>
12	<ul style="list-style-type: none"><li>✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.</li></ul>

**Advice for a new injury****Cold packs:**

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief.

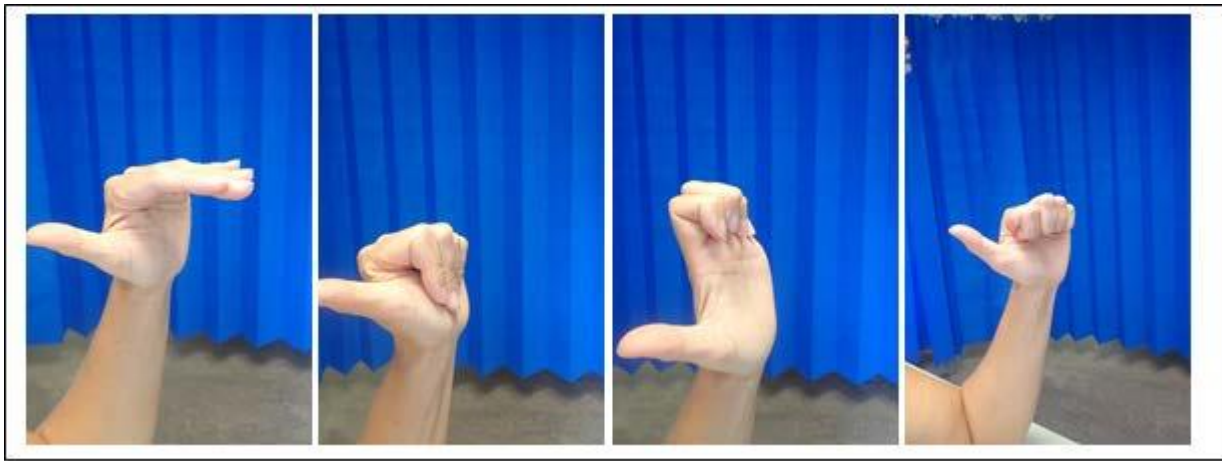
Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

## Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: [smokefree.nhs.uk](https://www.smokefree.nhs.uk) or discuss this with your GP.

## Exercises

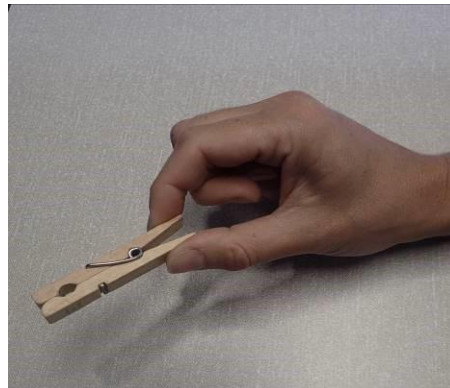
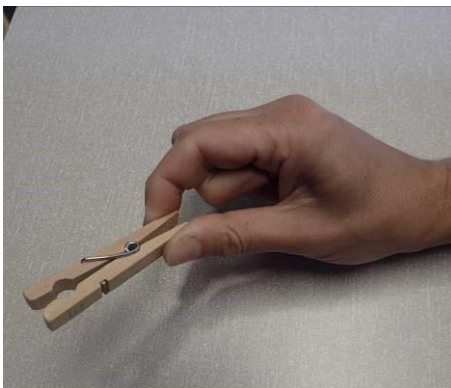
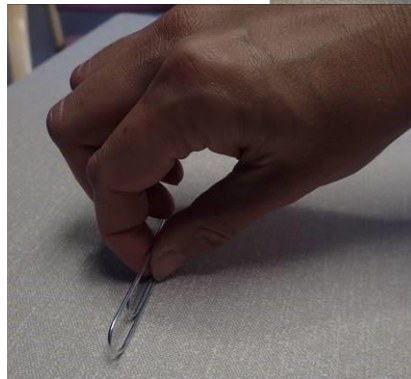
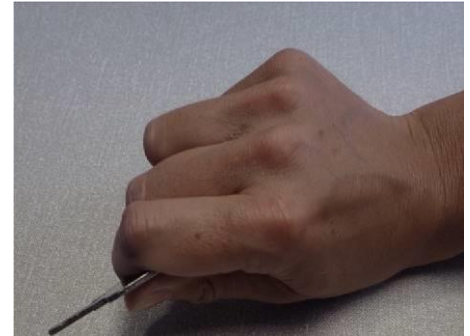




Squeeze a soft ball, playdough, plastic bottle or similar item.

Do this for 30-60 seconds.

Practice hand movements, here are some examples; turning keys, picking up small objects, doing crafts or anything that involves using your hands.



Practice your pinch grip; squeeze objects such as clothes pegs.

## Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse, practitioner or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:  
Dr Danielle Vidler – Consultant and Clinical lead Emergency Department CQ  
Mr Utham Shanker – Consultant and Clinical lead Emergency Department EDGH

The directorate group that has agreed this patient information leaflet:  
URGENT CARE

Next review date: December 2027  
Responsible clinician/author: Emergency Department Consultants

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