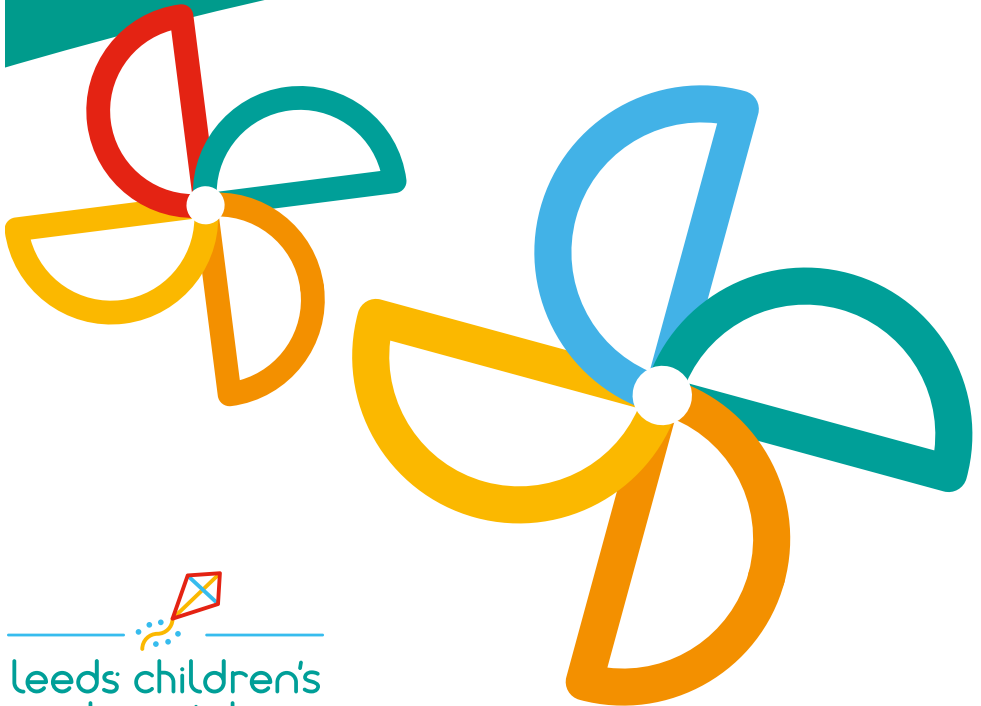


# Simple (undisplaced) scaphoid fractures

Information for parents

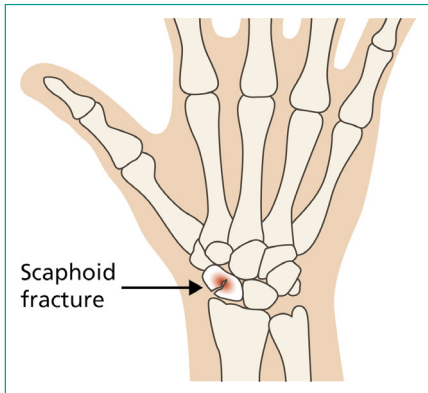


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## Dear Parent / Guardian

Your child has sustained a simple (undisplaced) break or “hair-line fracture” to the scaphoid, the bone between the wrist and the thumb.



### What is Plaster of Paris (POP) cast?

This fracture will heal well in a plaster cast in 6 - 8 weeks. Your doctor may want to do an x-rays 1 or 2 weeks after the applications of the plaster cast.

Your child may need simple painkillers such as Paracetamol (Calpol) or Ibuprofen (follow the dosage instructions) for the first few days after the injury.

In the first few days, there may be minor swelling of the fingers. Encourage your child to bend and straighten the fingers regularly, and check they remain pink and move well.

Your child can go back to school as soon as they feel comfortable and happy to do so.

## Removal of the cast

When it's time to remove the cast, make sure that your child is calm and that you are not rushed or distracted. To remove the cast, follow the instructions you were given by your doctor.

When the cast is off, allow your child to gently and slowly move the wrist and the thumb. They should be pain-free, although they may be slightly stiff from being in a cast for some weeks and your child may be a little unsure to start with.

Reassure your child this is normal and it will get better as they move the wrist and the thumb.

## After the cast is removed

When the cast is removed, the skin may be dry and itchy. Bathe with warm water and soap, and apply a gentle moisturiser. Your child should begin moving the wrist and the thumb. There will be some stiffness for few weeks but usually full mobility returns with time. Physiotherapy is not needed. Your child should avoid contact sports, trampolines, monkey bars, bouncy castles and any heavy arm use (such as climbing) for a further 4 - 6 weeks after the removal of the cast.

You will receive a phone call 6 weeks after the removal of the cast and if all is well, your child will be discharged back to the care of your family doctor.

## When to seek urgent help

If your child develops severe pain, change in colour of the fingers (white or blue), numbness or pins and needles, and inability to move the thumb and the fingers, it may be that the cast is too tight.

If any of these signs occur, rest and elevate the limb for 30 minutes. If symptoms persist even after elevating the arm for 30 minutes, take your child immediately back to the hospital A&E.

You should contact us (see below) if the plaster cast is cracked, soft, loose or tight, or has rough edges that hurt, and / or you are worried that an object has been pushed inside the plaster cast.

## Useful contact numbers

If you have any questions or concerns, please contact:

**Children's Orthopaedics Nurse Specialist Team:**  
(Monday - Friday, 8.00 am - 5.00 pm)

Tel. **0113 3928570**

**Plaster Room, Leeds General Infirmary:**  
Monday - Friday, 8.30 am - 5.00 pm)

Tel. **0113 3925717**



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