Fractured Wrist

A fracture and a broken bone mean basically the same thing. A fractured wrist is often due to a fall on an outstretched hand. The most important part of treatment is immobilizing the wrist, and sometimes the elbow. You will be in a splint or cast for 4-6 weeks. If there is significant damage to the wrist, this must be corrected in order to ensure proper healing. Minor fractures without deformity do not require setting the bone (*reduction*) to heal correctly.

HOME CARE INSTRUCTIONS

- **Do not remove your splint or cast that has been applied to treat your injury.**
- If there is itching inside of the splint/cast area, **DO NOT** put anything between the splint/cast and skin to scratch the area. This can cause injury.
- Keep your wrist elevated on pillows for 3-4 days to reduce swelling. A sling may also be used to help rest your injury.
- Place ice packs over the wrist splint or cast for the next 2-3 days to help control pain and swelling.
- Pain and anti-inflammatory medicine may be needed for the next few days.
- Call your caregiver to arrange follow-up within the next few days as recommended.

SEEK MEDICAL CARE IF YOU HAVE:

- Increased pain or pressure around your injury, or if your hand becomes numb, cold, or pale.
- Loss of movement of the thumb or fingers.
- Worsening swelling of your hand, fingers, and thumb.
- Your splint/cast gets damaged or comes off.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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