Wrist Fracture

The wrist has many bones. A wrist fracture is a break in one or more of those bones. A cast or splint is used to keep the injured bone(s) from moving. This is important for healing. The cast or splint will often be on for 4 to 6 weeks.

Sometimes, a break in a wrist bone will not show up on an X-ray taken right after the injury. If your doctor thinks there may be a break, a splint or cast might still be put on.

HOME CARE

- Keep the injured area raised while sitting or lying down. Keep the wrist just above the level of the heart. This will decrease puffiness (*swelling*) and pain.
- Put ice on the injured area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 to 20 minutes at a time, 4 times a day.
- If given a plaster or fiberglass **cast:**
  - **Do not** try to scratch the skin under the cast with sharp or pointed objects.
  - Check the skin around the cast every day. You may put lotion on any red or sore areas.
  - Keep the cast dry and clean.
- If given a plaster **splint:**
  - Wear it as told.
  - You may loosen the elastic around the splint if the fingers get numb, tingle, or turn a little blue.
- If given a removable splint, wear and use it as told.
- **Do not** put pressure on any part of the cast or splint. It may break. Rest the cast or splint only on a pillow the first 24 hours until it is fully hardened.
- Take medicine as told by your doctor.

GET HELP RIGHT AWAY IF:

- The cast gets damaged or breaks.
- The pain is getting worse and is not helped by medicine.
- There is more puffiness than there was before the cast was put on.
- The skin or nails turn blue or gray or feel cold or numb.
- There is a bad smell coming from the cast.
- New stains and/or fluid is coming from under the cast.

MAKE SURE YOU:

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

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