

## What is it?

A scaphoid fracture is a break in one of the bones in your wrist. They usually happen if you've had a fall onto your out-stretched hand. Sometimes, wrist fractures are not really painful. However, if you have a scaphoid fracture, you need treatment. Correct diagnosis and prompt treatment can help to reduce complications.

## What questions could I ask my doctor?

- How long do I need to wear a cast?
- Do I need to have surgery?
- Can I take any medication for the pain?
- Do I need to see a physiotherapist?



## What will my GP do now?

It can be hard to diagnose a scaphoid fracture. They don't always show up on X-rays. If your doctor suspects you have a scaphoid fracture, but your initial X-ray looks normal, they may request a CT or MRI. Or, they may apply a cast for up to two weeks, and then repeat the X-ray.

Treatment is usually with a cast worn on your arm up to your elbow for 5-12 weeks. Your GP may refer you to a hand clinic for follow-up assessment and treatment.

If you have a more serious fracture, or a fracture that does not line up properly, your GP may refer you for review by a specialist surgeon. You may need surgery to realign and stabilize the fracture.

## What will my GP do in the future?

The length of time for healing varies. It depends on the type and location of the fracture. Your GP may conduct a follow-up scan to see how well your bone has healed.

## What can I do?

Do gentle exercises as directed by your GP or physiotherapist. Visit your GP if you have:

- Any problem with your cast, for example, if it is too tight or if it has cracks
- Dropped an object down inside your cast
- Prolonged numbness or tingling, like pins and needles in your fingers and toes, or you can't move them
- Fingers that turn blue, or white, or feel cold
- Swelling, burning, pain or symptoms of infection such as a fever, chills or fatigue

## Other useful factsheets

These Health Resource Directory factsheets can help you care for your cast and recover:

- [Caring for your cast](#)
- [Exercises for arm and hand casts](#)

## What supports are available?

For people living in Fairfield, Liverpool, Macarthur or the Southern Highlands, your GP can refer you to the South Western Sydney Local Health District Hand Clinic.

Bankstown residents will be referred to a specialist, who can arrange surgery at Bankstown Hospital if needed.

## Where can I find more information?

- **Patient.info** – scaphoid wrist fracture: [patient.info](https://www.patient.info)