

Discharge advice following attendance with a hand fracture

Trauma and Orthopaedics

- You have a minor break of a bone in your hand and most of the pain will usually settle within three weeks
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- Finger strapping may help the pain and allow early movement
- As the break is close to the joint you must move your hand as soon as possible within the limits of discomfort
- After one week remove the strapping
- Use your hand as normally as possible. This will not cause further damage, but heavy lifting may be sore for six to eight weeks
- Your hand grip will return to normal when the discomfort settles
- As the bone heals a lump may form at the break site, and sometimes the knuckle may not be as prominent

Should you have any worries or concerns following discharge from the hospital, please contact: 01633 234403/234404. This is a Monday – Friday service and we will try to get back to you as soon as possible. However, if it is an emergency please go back to A&E for further advice/treatment



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