

Wrist fracture treated with a cast

Immobilisation in a cast reduce pain og allows the fracture to heal in the best possible position.

After 10-12 days you`ll usually have an x-ray in order to control the position of the fracture. Treatment with cast usually lasts 4 weeks.

The first 24 hours the cast must not be covered by clothes, duvet or blankets. The cast needs air to dry completely. You must prevent your cast from getting wet because water makes the cast soft and broken.

To prevent swelling you should:

- Keep your hand elevated by resting it on the opposite shoulder.
- You should not rest your arm in a sling.
- Keep your fingers and thumb moving by regularly opening and closing your hand to make a fist.



- Maintain your shoulder and elbow movements by bending and straightening your elbow fully and lift your arm high above your head.
- Exception: If your elbow is covered with cast you can keep it in a sling and obviously you can`t do elbow excercises.

Important:

- If your cast is too tight - your hand get very swollen, cold, numb or with constant «pins and needles» you must contact us.
- Don` t hesitate to contact us if your cast gives you rubbing or is broken.

How to behave:

You can gradually use your arm to light activities of daily life like eating with fork and knife, putting on clothes, using your cellphone or Pc, but be careful not to rotate your lower arm beyond painlevel.

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