

Advice post-wrist fracture/ sprain following the removal of a cast or plaster

Now that your fracture has healed or your wrist is stable, your cast has been removed. This leaflet tells you how to look after your skin. If you have any further questions or concerns, please do not hesitate to contact your occupational therapist.

Skin care

You will notice that your skin looks dry and flaky. This is perfectly normal after a long period in a cast. When you return home:

- soak your hand and wrist in a bowl of warm soapy water for about five minutes and rub gently with a sponge/flannel – most of the dry skin will soak off
- towel dry your skin – this will help remove more dry skin
- massage in some cream – dermatological creams such as E45 are usually the best.

Repeat this process once or twice a day until your skin condition has returned to its previous condition.

Pain and swelling

There may also be some pain, stiffness and swelling in your hand/wrist. This is also perfectly normal because your hand/wrist has been immobile in a cast for some time. When you were soaking your hand you may have noticed that you felt less pain.

If your wrist feels hot and swollen, using an ice pack may be beneficial. Wrap some ice or an ice pack in a towel and place it over your wrist. Do not put ice directly onto your skin as it can burn.

It is essential that any pain or stiffness you may have does not in any way stop you from following the exercises you may be given. If you find the exercises painful or difficult, try doing them with your hand in a bowl of warm water or practise them when you are in the bath. If you still find them painful, then contact your occupational therapist for advice.

Contact us

If you have any questions or concerns, please contact the Hand therapy department.

t: 020 7188 4172 or 020 7188 4174, Monday to Friday, 8am-5pm,

e: handtherapyappointments@gstt.nhs.uk

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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