

Children's Emergency Department

Wrist/Hand Injury - Parent/carer discharge information



It is important for an injured wrist/hand to be returned to normal function through exercise as soon as it is safe, while the injury heals. Movement and exercise will combat stiffness and pain relief may be required in order to make this possible.

What should I do now?

- Elevate (raise) the injured wrist/hand whenever possible in order to minimise swelling
- If a sling has been applied to support the limb, please ensure that your child's forearm is horizontal and that the sling is adjusted to hold it in this position
- Small children may not tolerate wearing a sling. If this is the case, please do not fret or attempt to coerce them into wearing the sling. Children will not use a limb that hurts and will automatically rest it
- Remove the wrist/hand from the sling for short periods, for example at mealtimes. Slings should be removed at bedtime
- Apply ice wrapped in a towel, or a cold pack of frozen peas wrapped in a towel, to any painful areas for up to 5 minutes when possible. Remember ice can cause a burn if applied direct to skin or for too long a time.

Exercises for older children

Perform the following exercises several times a day, aiming to progress daily:

1. Clench the fist and open it fully **20 times**



Patient Information

2. With the hand and wrist resting flat on the table, lift your hand to make a “stop” gesture **20 times**
3. Place the wrist over the table’s edge and bend down **20 times**
4. Tilt the wrist as far as possible from side to side **20 times**
5. Find a door with a key and turn it back and forth **20 times**

Exercise the elbow and shoulder as well on a daily basis to prevent stiffness.

What medication can I give my child/adolescent?

Paracetamol and or Ibuprofen (if applicable) to be given for pain,

Paracetamol 4-6 hourly last given at.....

Ibuprofen 6-8 hourly last given at.....

Return to school/activity:

You will need to inform the school/college that your child has sustained an injury to their wrist and may need to refrain from certain activities to ensure complete recovery.

When should I seek medical advice?

- Swelling or pain is increasing or no improvement within 48 hours

For further advice/information:

- Call: 111 (24 hours a day)
- Contact your GP
- Contact the Paediatric Department on 024 7696 6934

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The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6934 and we will do our best to meet your needs.

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