

Vitamin C



There have been some studies that suggest taking Vitamin C following a wrist or hand fracture can reduce the risk of post injury complications such as irritation of the nerves.

We therefore suggest taking 500mg Vitamin C for 50 days following injury.

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

The Trust operates a smoke free policy

Document History

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