

## Emergency Department Discharge Advice

### Wrist Sprain

You are being given this leaflet because you have been diagnosed with a wrist sprain. A sprain is an injury to a ligament. Ligaments are strong tissues around joints which hold bones together. A damaged ligament causes inflammation, swelling and bruising around a joint which is painful.

Some patients have an x-ray to check that there is not a fracture (broken bone) causing the pain. If the nurse or doctor assessing you does not consider that there is a fracture they will not x-ray you at this time.

We wish to give you some advice on what to expect over the next few days.

If there is only bruising or a sprain we would expect your pain to improve over a few days. You should also be able to use your wrist more comfortably as time goes by.

Therefore, if after 3 to 5 days;

1. Your wrist is still painful, or you are taking a lot of painkillers to deal with the pain

And / or

2. You are still struggling to use your wrist

You should return to the Emergency Department or local Minor Injuries Unit. It is likely at this time that x-rays will be arranged.

If you chose to come to the Emergency Department for a review it would be helpful if you could come between 9 and 5 when you are more likely to be able to see a consultant. However the department is open for 24 hours every day if necessary.

If you prefer to go to a Minor Injuries Unit we suggest you telephone first to check for opening times and to ask whether they have x-ray facilities.

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# Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail [patient.info@dchft.nhs.uk](mailto:patient.info@dchft.nhs.uk)

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