

Post-Operative Information – Scaphoid Fractures

What to expect during surgery:

Operative treatment of scaphoid fractures is generally performed on an outpatient basis. Dr. Holt will meet you on the day of surgery and review the plan. Anesthesia options include general or light sedation, in combination with a regional nerve block. You will be taken back to the operating room where your wrist will be cleaned and draped. Depending on the fracture pattern, an incision on either the back of the wrist or palm side of the wrist is used. The fracture will be reduced to line up the fragments as normally as possible and then a metal screw will be placed across the fracture to stabilize the bone. The incision will be closed with stitches a wrist splint will be placed to protect the wrist during the early healing period.

Most commonly, at two weeks your stitches will be removed and you will be placed into a removable wrist brace. At that point, you can use the hand for light activities of daily living, but should avoid heavy lifting/gripping or pushing/pulling. At each return visit, we will obtain x-ray pictures to monitor healing and will progressively increase your activity. Scaphoid fractures usually heal within approximately three months when treated surgically, but it may take 9 – 12 months to obtain maximum strength, range of motion, and function.