

# Patient Information Sheet

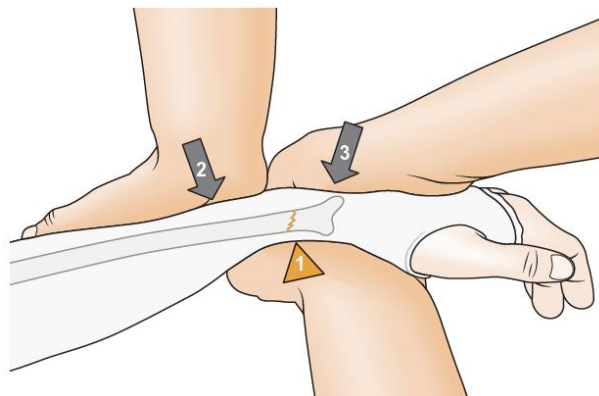
## Bier's Block Wrist

### *What do I need to know?*

### What is my diagnosis?

You have fractured (broken) your wrist bone. The type of injury you have suffered is very common - hundreds of people have this injury each year in Lothian.

Your wrist has been reset in the Emergency Department using a special type of numbing injection called a "Biers block".



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### What happens next?

- Your X-rays and notes will be checked by an Consultant Orthopaedic Surgeon
- We will contact you by telephone or post about an appointment **a week after the procedure**
- You will attend the fracture clinic where the position will be checked with another x-ray
- Please make sure the Emergency Department/Minor Injury Unit reception have your phone numbers.

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### What can I expect during my recovery?

- The injury will heal over the course of **6 weeks** but you may have some aching for up to **3 months**
- The position of the bones will be checked in clinic. Occasionally a surgery is needed if the bones move after they have been reset
- Move your fingers as much as possible – you should be able to **make a fist within 2 weeks**
- Perform the exercises on the next page as soon as your pain allows you to do so.
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast, or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your car normally and safely.

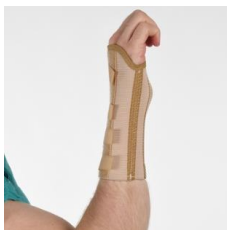
# Patient Information Sheet

## Bier's Block Wrist

### *What do I need to know?*



### Key exercises



### Finger movements

- Bend your knuckles fully then tuck in your fingers before making a full fist
- Perform this as often as possible- try it for **5 minutes, 5 times a day**.

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### What if I have a problem?

Very occasionally some patients have difficulties with ongoing pain or stiffness. If you have any issues beyond **three months** after injury, please contact us using the details below.

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### Get in touch

Please get in touch via our trauma email if you have queries about your injury:

[traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk)

**If you do not receive a reply after 3 working days call our Monday-Friday helpline (8am-4pm):  
0131 242 3410**

### Urgent issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am- midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 536 3468 (9am-8:30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)