

# Scapholunate ligament repair

## Information for patients

You've had surgery to repair the scapholunate ligament in your wrist. This ligament is important because it helps keep your wrist stable. It takes at least 6 weeks for it to start healing, so it's important to protect your wrist during this time.

### Casting

Varies between 2- 6 depending on the type of repair that you have had.

### Healing times

Approximately six weeks for your ligament to heal and another 6 weeks for the ligament to become strong enough to take high loads. More complex injuries can take longer to heal and it can take up to 12 months for normal hand use to return.

### Hand use (see additional hand out for examples of activities)

- Week 1 to 6 after injury – light activities only with cast on and **AVOID** using the injured wrist.
- Week 6 to 10 after injury – once cast removed, light to medium activities. Graded return to wrist loading.
- Week 10 to 12 after injury – medium to heavy activities.
- Week 12 to 14 after injury – contact sports.

### Common complications

- **Stiffness:** is normal once the cast is removed and can last up to 1 year. The main goal of this surgery is to stabilise your wrist and stiffness around the wrist is commonly a consequence.
- **Numbness and pins and needles in fingers:** temporary or intermittent symptoms are normal during casting and initially once the cast is removed. These symptoms should resolve within a few weeks after cast removal – the exercises below and general hand use should help with resolving symptoms. Please flag to your hand therapist if this does not resolve.

### Hand therapy advice

#### Pain

- Use over the counter painkillers regularly at the lowest dose e.g paracetamol
- Heat: warm water hand baths/ hot water bottle. Heat relaxes muscles, relieves muscle and joint stiffness and achiness. Considering warming up joints before activity, making exercising easier.

#### Scar

- Once the scar has formed, massage to help it stop sticking down.



## Swelling

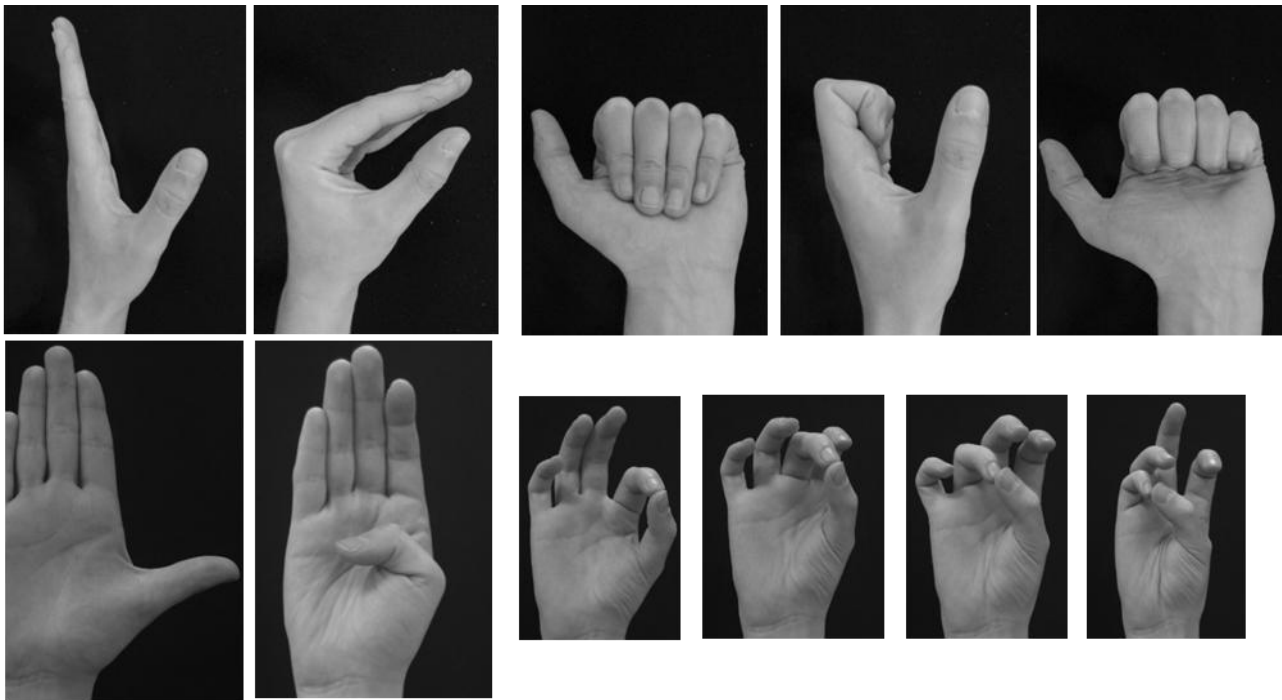
- Elevation, compression and movement.

## Splint

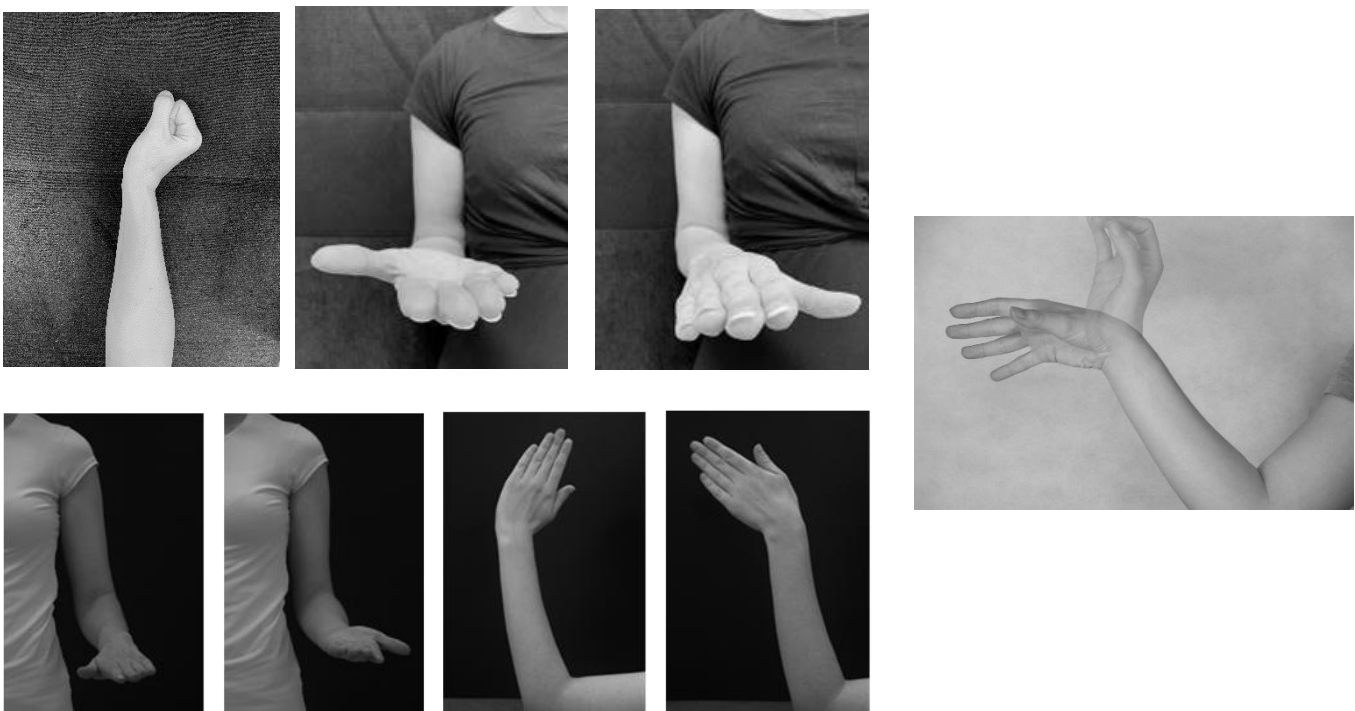
- Wrist support – worn intermittently up to 4 to 8 weeks once the cast has been removed for heavier tasks, periods of rest, not to be worn full time.

## Home exercise program guidelines

Until the cast is removed – **10 repetitions, 4 to 5 times a day** – as guided by your hand therapist.



**Once the cast is removed** – as guided by your hand therapist.



## **MyChart**

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on **020 3299 4618** or email **kings.mychart@nhs.net**. Visit **www.kch.nhs.uk/mychart** to find out more.

## **Sharing your information**

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We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: **kings.pals@nhs.net**

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