



 Please call 911 if you think you have a medical emergency.

## B r o k e n   H a n d   T r e a t m e n t

### S e l f - C a r e   a t   H o m e

Generally, any hand injury—except for the most minor one—should be seen by a doctor. Simple first aid, however, can help prevent further injury.

- Control any bleeding by placing a clean cloth or gauze pad over the wound.
- As soon as the injury has occurred, apply ice to the injured area to decrease pain and reduce swelling.
- Remove any jewelry immediately. The hand will swell dramatically, and jewelry will be almost impossible to remove after the swelling has started.
- Contact your doctor, who will often refer you to an emergency department for diagnosis and treatment.
- If the hand is obviously deformed, try to support the injured hand by placing it on a pillow and carrying the pillow with you to the hospital or doctor's office.
- Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) as directed on the label for pain.

### M e d i c a l   T r e a t m e n t

Because of the complexity of the hand, treatment of hand injuries can become involved. Improper or delayed treatment can result in a significant handicap. The procedure is usually as follows:

- The doctor will usually obtain an x-ray.
- Your hand may be partially numbed by injecting the nerves at the wrist or at the base of a finger. Wounds will be carefully irrigated and explored.

- Any cuts usually will be closed carefully (whether with stitches or other means).
- You may be given antibiotics to keep the wound from becoming infected.
- The injured part will be immobilized in a splint to hold it in a particular position.
- You may be referred to a hand specialist (orthopedic or plastic surgeon).
- You will receive pain medicine to use for several days after the injury.

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- [When to Seek Medical Care](#)
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For more information, read the complete article, Broken Hand

(<http://www.emedicinehealth.com/script/main/art.asp?articlekey=59182>) on <http://www.emedicinehealth.com>.

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*This information is not intended to replace the advice of a doctor.*

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