

27 June

Written on the day you went home. A copy has gone to your practice.

Going home: what we did, and what happens next

Dear Mrs Whitcombe. You came in on the evening of 21 June after a fall at home and you went home on the morning of 27 June. **This letter is yours to keep.** It says in plain words what we found, what we changed, and what has been arranged for you.

Your stay

Six days

One in Emergency, two on the acute ward, three in rehabilitation

You tripped on a step and put out your left hand. You did not hit your head and you did not black out. In Emergency we found a break in the bone at the wrist end of your left forearm, and we straightened it and set it in a cast under a local anaesthetic. The pictures we took afterwards were good, so you did not need an operation.

While you were with us your blood pressure dropped when you stood up, and on the second morning it made you feel faint. That is the most likely reason for the fall.

Your wrist

Cast until 4 July

Keep it dry, and move your fingers, elbow and shoulder every day

The cast holds the bone still while it knits, and it does that best if you leave it alone. Keep it out of the bath and the shower, do not push anything down inside it, and rest the arm on a cushion when you are sitting. Moving your fingers often is not only allowed, it is the thing that keeps the hand working.

Your medicines

One stopped, two new

Everything else stays exactly as it was

We stopped your amlodipine on 23 June, because it was part of the reason your blood pressure fell when you stood. Your standing readings were back to normal by the fifth day. Your practice will decide at four weeks whether you need it again.

Amlodipine 5mg	Stopped. Do not restart it until your practice says so.
Paracetamol 500mg	Two tablets up to four times a day if the wrist aches.
Colecalciferol 800 units	One a day with food. Your vitamin D was low.

What happens next

Three things

The first is already booked; the other two will contact you

4 July, 10:20	Fracture clinic. They will check the cast and take new pictures.
This week	Ring your practice for a blood pressure check, sitting and standing.
Within a month	The falls team will telephone you to arrange a visit at home.

If you feel unwell

Ring us first

Ward 7 direct line, 0000 000 0000, at any hour

Please telephone straight away if the fingers of your left hand go cold, blue or numb, if the cast gets wet or cracks, or if you feel faint when you stand. **If you have another fall, ring us even if you are not hurt.**

Dr S. Iyer

Foundation year 2, Ward 7. Checked by Dr A. Ferreira on 27 June 2026.

With our best wishes for a steady recovery. Specimen layout, not for clinical use.