

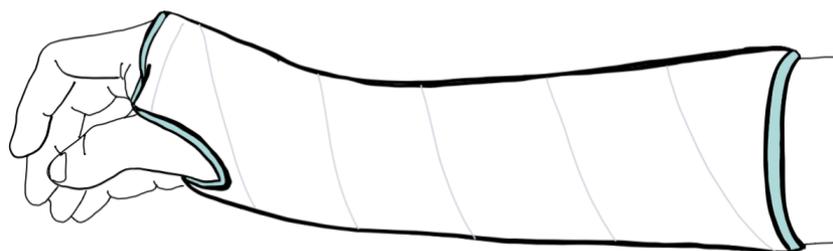
Looking after your Wrist following Surgery

[Dr Jarrad Stevens Home Page](#)

Discharge home: After your surgery you will stay in hospital overnight and can be discharged the following day with pain relief tablets.

Pain relief: After surgery it is normal to have some pain or discomfort. The amount of surgery you have had will influence how much pain you can expect and how long you will need pain relief for. You will be given pain relief tablets to take home with you when you leave the hospital. Take these over the few days as you need.

Looking after the Backslab: There will be a dressing over the surgical incision on the front of the wrist. You will have a bandage or half cast (backslab) made of plaster. This helps to keep the wrist still while it heals.



You will need to keep the plaster and bandage clean and dry. A sling will be given to help hold the wrist elevated and keep you comfortable.

Do not get the backslab wet. If showering, use a bag to keep it dry.

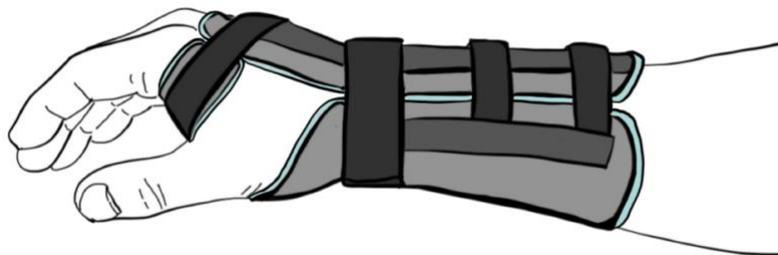
Movement after surgery: You can move your fingers and elbow straight away, but wear the sling provided for most of the day. The sling helps to take the weight of your arm to let the wrist rest.

It is a good idea to keep moving even after your surgery, it helps your blood circulation and stops your body getting too weak. Avoid any strenuous activity for the first 2 weeks, but gentle walking and exercise is helpful

When you are resting or sleeping try to keep the wrist elevated on a pillow.

Wound review: After 2 weeks you will have an appointment with Dr Stevens to have your wound checked, any stitches will be removed. Dr Stevens will then give you advice on exercises and physiotherapy.

Looking after your splint: At the two week review, Dr Stevens may be switch the plaster to a wrist splint.



This wrist splint can be used for fractures which are stable after surgery

Dr Stevens will advise you on how long the splint will need to stay on for.

Physiotherapy: Physiotherapy or hand therapy can be helpful to get your wrist and hand moving and strong again, but do not start this until you have had your appointment with Dr Stevens at 2 weeks.

Driving: You cannot drive until you have had your first review appointment with Dr Stevens. He will give you an indication then when you are likely to be able to drive again

Returning to work: This depends on the type of surgery you have had and the type of work you do. Most surgeries will need 2 weeks off work, some will require longer, especially if you have a manual job

As with all surgery, there are risks with fixing your wrist. These include infection, delayed healing or no healing of the bone. Difficulty with pain and range of movement may also occur. Sometimes surgery to remove screws or the plate is required in the future. Arthritis of the wrist may occur as a result of this injury.

- + Fever
- + Heavy bleeding or ooze from the wound
- + Increased swelling and redness around the surgery site
- + Pain in the calf muscles or difficulty breathing

If you have any of these problems, please call Dr Stevens or his rooms on **03 5752 5020**