

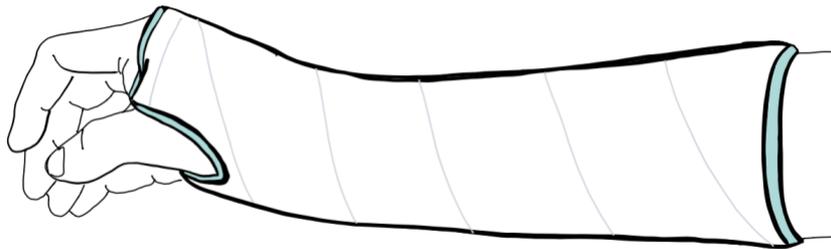
Looking after your Wrist following Surgery: Closed Reduction and Plaster

[Dr Jarrad Stevens Home Page](#)

Discharge home: After your surgery you will stay in recovery until your hand feels comfortable. You can be discharged home later the same day if swelling is not a problem.

Pain relief: After surgery it is normal to have some pain or discomfort. The amount of movement required to put the bones in place 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 cast: The cast is moulded to keep the bones in place. The wrist normally points slightly up or down depending on the type of fracture you have had.



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 plaster wet. If showering, use a bag to keep it dry.

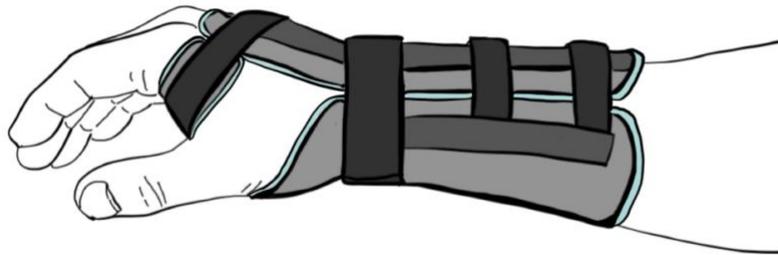
Movement after surgery: You can move your fingers and elbow straight away, but wear the sling provided for most of the day. The sling helps to take the weight of your arm to let the wrist rest.

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.

Review: Xrays are normally required at weeks one and two following the cast application. The cast is normally removed after 6 weeks for adults and sometimes sooner for children. Dr Stevens will then give you advice on exercises and physiotherapy. A splint may be required after the cast.

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



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 fracture you have and the type of work you do. Most fractures 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 delayed healing or no healing of the bone. Difficulty with pain and range of movement may also occur. Sometimes further surgery is required if the fracture is unstable. Arthritis of the wrist may occur as a result of this injury.

- + Swelling
- + strong pain or pins and needles
- + damaged plaster
- + 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**