

Wrist fixation

Distal radius ORIF



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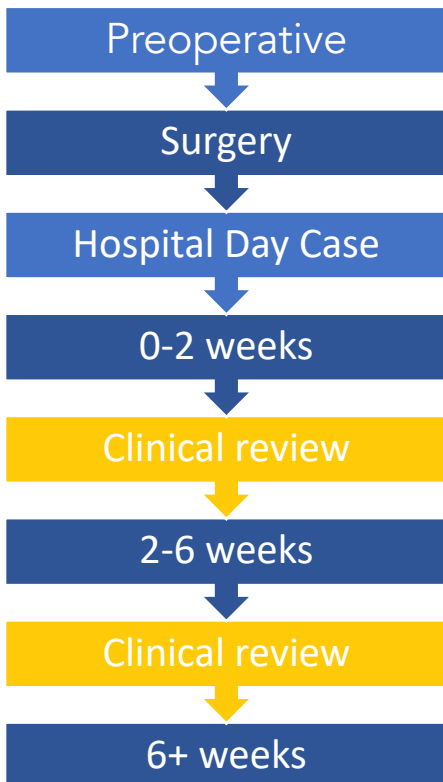
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General Information

This is a guide for your recovery journey following your Wrist Fixation also know as a distal radius ORIF (Open Reduction and Internal fixation)

Mr Chung or other members of your care team may adapt the plan depending on you or your wrist.

If you have severe pain, issues with your wound/dressing or any other health issues please **contact Mr Chung** or consider presenting to your nearest **Emergency Department**.



Wrist fixation

Wrist Fixation/Distal radius ORIF (Open Reduction and Internal fixation) is used to treat fractures of the wrist or distal radius. This involves placing a plate and screws to hold the bones together. The plate sits flush with the bone and is usually not removed.

Following surgery, **stiffness is the biggest concern**. Stiffness can become permanent as early as 6 weeks post surgery. **Early movement** and exercises of the wrist is key to prevent this. Mr Chung and your hand therapist/physiotherapist will guide you through this.

Preoperative

Once you have decided to undergo Wrist Fixation/Distal radius ORIF (Open Reduction and Internal Fixation) there are a few things you will need to do to prepare for the surgery. These include:

- A preoperative **CT scan**
- **Blood tests** (FBE, UEC, CMP, Coags)
- A fitness for surgery **assessment**
- Continue **moving** your fingers (as pain permits)
- **Designating** someone to drop you off and pick you up from the hospital

Before your surgery please let Mr Chung know if you:

- Have heart or lung problems
- Have diabetes
- Take blood thinning medication
- Smoke cigarettes or other products

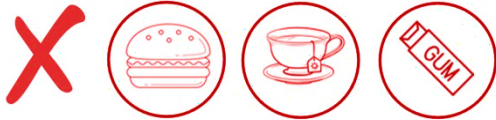
Surgery

Food

On the day of surgery you will need to fast from food and drink. Mr Chung or the hospital will provide you with fasting times prior to the day of your operation.

Fasting includes avoiding:

- Food
- Tea and coffee
- Chewing gum



Medications

Unless instructed otherwise, you should have your regular morning medications on the day of surgery with a sip of water.

If unsure please speak to Mr Chung about your medications prior to surgery.

Medications that we **may** withhold 2 days prior to surgery include:

- Rivaroxaban/Xarelto
- Apixaban/Eliquis
- Dabigatran/Pradaxa
- Warfarin/Coumadin
- SGLT2 Diabetic medication (Medications ending in -flozin)

Medications that **may** require altered dosing prior to surgery include:

- Blood thinning medication (Clopidogrel/Ticagrelor)
- Diabetic medication (oral and insulin)
- Immunosuppressants

Hospital Stay

Following surgery, you will wake up in the recovery suite to allow recovery from the anaesthesia. You will notice your wrist has a dressing and a splint and your arm will be in a sling. You will then be transferred to the day procedure area. You can go home, approximately 4 hours later when your pain is under control and you are eating and drinking.

Your first day in hospital may include:

- A review by a **Hand Therapist/Physiotherapist**
- An **injection** to prevent clots in your legs (DVT/PE)

Things that you are **allowed** to do straight away with your hand include:

- Eating and drinking
- Using a mobile phone
- Using a computer



Things that you should **avoid** doing with your hand for the first 6 weeks include:

- Lifting greater than 250g (no more than your phone)
- Driving a car
- Using your hand to go to the toilet



Dressings

You should have a dressing on your wrist at all times till the wound heals. This takes approximately 2 weeks and the dressing will be removed at your first clinical review. Dressing changes should be kept to a minimum to avoid the risk of infection.

If the dressing becomes wet or soaked with blood it will need to be changed. You are able to take a shower but you will need to change the dressing if it becomes soaked.

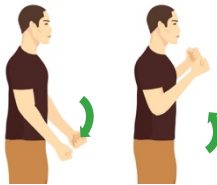
Exercises (0 – 2 weeks post surgery)

Your **sling** should be worn **most of the time** when resting, sleeping and when you are outside in public areas. You are allowed to **remove your sling** to take a shower, eat and drink and use a computer.

Exercises should be done for around **10 minutes** on **at least six** separate occasions throughout the day (before/after breakfast, lunch and dinner).

Elbow

Take your arm out of the sling straightening out the elbow completely then bring your hand towards your face, repeat 10 times



Wrist pronation/supination

With your elbow tucked into your side turn your hand to face the ground (pronation) and then turn your hand to face the sky (supination). You will need to use your other hand to grasp your wrist to help with turning.



Hand

Make a fist and hold for 5 seconds, Spread out your fingers and hold for 5 seconds.

Grip a stress ball and hold for 10 seconds, relax and repeat 10 times.

Writing and typing is encouraged to maintain wrist and hand dexterity.

Exercises (2 – 6 weeks post surgery)

Building on from the previous exercises begin some movement exercises on your wrist.

Until you regain the strength in your wrist, use your other arm to assist your wrist with these exercises. Your goal is to regain most of your wrist movement by 6 weeks.

Wrist exercises

With an outstretch hand and your palm facing up, bring your hand and fingers to the floor until you feel a stretch, hold for 5 seconds. Turn your palm to the floor, bring your hand and fingers to the roof until you feel a stretch, hold this for 5 seconds.



Make a fist and with your hand facing up, bring your hand towards your face until you feel a stretch, hold for 5 seconds. Turn your hand down, bring your hand towards your body until you feel a stretch, hold for 5 seconds.



Exercises (6+ weeks post surgery)

Exercises during this period will be tailored to your specific needs/goals. Mr Chung and your hand therapist/physiotherapist will work with you to figure out the right exercise program.

In general exercises during this period are about achieving more wrist movement, building strength and achieving functional goals.

You are now able to lift up to 5kg between the 6 and 12 week postoperative period. In addition you may find exercises and stretches using your bodyweight to be helpful.

For your hand therapist/physiotherapist
Please contact Mr Chung with any questions

0-6 weeks – 250g lifting limit

Shoulder & Elbow – AROM

Wrist and Hand – AROM prioritising pronation/supination before flexion/extension

6-12 weeks – 5kg weight limit, unrestricted ROM, push ROM with bodyweight

12+ weeks – No further restrictions



Fellow of the Royal Australasian
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