



**WRIST ARTHROPLASTY OR  
OPEN REDUCTION AND INTERNAL FIXATION OF WRIST WITH  
ILLIAC BONE GRAFT**

**DAY OF SURGERY**

**Day:**\_\_\_\_\_ **Date:**\_\_\_\_\_

**THINGS TO EXPECT TODAY**

- You will be transferred from the Recovery Room to a room on one of the surgical units.
- The nurse will monitor your vital signs (blood pressure, pulse respirations and temperature), and checking your operated hand for color, temperature and pain.
- You will receive pain medication, and may receive antibiotics intravenously.
- Your hand will be placed in a foam block to make sure that you keep it elevated above the heart level.
- If you had an Iliac Bone Graft, you may have a drain at the site. In addition, a consult with a physical therapist may be ordered.

**Things To Do Today**

Review the information in the information packet on **While in the Hospital** and **Going Home**.

**Day/Evening:**

- You will be allowed clear liquids. If you can tolerate them, your usual diet will be resumed.
- You will be helped to get out of bed. If you feel up to it, you can walk around your room. Remember to keep your operated hand elevated above the heart. Use the foam block at all times.
- Pain medication will be prescribed. Ask your nurse if you need it. You will be asked to rate your pain before and after taking pain medication so the staff can make sure you are comfortable.
- You will probably go home tomorrow. Confirm transportation home. If you have any questions about discharge, ask to speak to a social worker.
- The nursing staff will be making rounds. If you need anything, please ask.

## DAY AFTER SURGERY

Day: \_\_\_\_\_ Date: \_\_\_\_\_

### THINGS TO EXPECT

- You will receive your pain medication and antibiotics, if prescribed, in pill form.
- Your surgeon will see you to review discharge instructions before you go home. Find out when you need to return to the office for your follow up visit. You will receive any needed prescriptions.

### Things To Do Today

- Review the **Going Home** section in your information packet. Do you know for what signs and symptoms you need to call the doctor?
- You can eat your usual diet.
- If you did not have an iliac bone graft, you can shower. Make sure that you cover the operated wrist with a plastic shower cast cover.
- Make sure that you keep your operated hand above the heart. Use the foam block at all times (except for showering)
- Observe your fingers for color, swelling and temperature. The nurse will review this information with you.
- Review and sign the discharge plan. Ask for specific activity instructions and any remaining questions.

**HAVE A SAFE TRIP HOME!**  
**REMEMBER TO TAKE HOME THE FOAM BLOCK.**