



WRIST FUSION 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.

Things To Do Today

Review the section in the information packet on **While in the Hospital**.

Day/Evenings:

- 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.
- 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.
- The nursing staff will be making rounds. If you need anything, please ask.

DAY 1 AFTER SURGERY

Day: _____ **Date:** _____

THINGS TO EXPECT

- You will be allowed your usual diet. The IV will be discontinued if you are taking adequate fluids.
- You will be given your pain medication and steroid medication in pill form.
- Your activity will be increased.

THINGS WE WILL HELP YOU DO TODAY

Review the section in the information packet on **Going Home**.

Days:

- Wash up.
- You will probably go home tomorrow. Confirm transportation home. If you have any questions about discharge, ask to speak to a social worker.
- Ask for the information sheet on the steroid medication. Find out when you need to return to the surgeon's for a follow-up visit.
- Stay out of bed as much as possible. If needed, the nursing staff will help you the first few times. Gradually increase the amount of time you are up.
- Take your pain medication as needed to make you comfortable. Remember you will be asked to rate your pain before and after receiving medication.
- Do the coughing and deep breathing exercises and use the incentive spirometer. How high did you go? _____
- Keep the affected arm elevated on a pillow while in bed or sitting in a chair. Use the foam block.
- Ask to speak with a social worker if you have questions about your discharge.
- If possible, look at your incision so that you can report any changes such as redness, drainage or swelling to the surgeon.

Evening

- Write down any remaining questions you have. Confirm transportation home.
- The evening before discharge have family take home some of your belongings.
- The nursing staff will be making evening and night rounds. If you need something, please let the staff know.

Sleep well!

DAY 2 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.
- Make sure that you keep your operated hand above the heart. Use the foam block at all times .
- 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 recommendations and any remaining questions.

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