

Patient information

Wrist Joint Replacement - Post-Operative Advice

Therapies Department

Wrist Joint Replacement: Post-Operative Advice

Total wrist joint replacements are performed to relieve pain and improve function of the hand/upper limb. It is commonly performed in patients with rheumatoid arthritis and following severe wrist trauma.

In order to get the best results following your joint replacements, it is important to “protect” your new joints for at least six weeks to allow the soft tissues to heal in their corrected position. Your splints will help to protect the tissues. Immediately after your surgery you will be in a plaster back slab.

Day splint

- Will be manufactured at about ten days after your surgery
- Must be worn at all times during the day two to four weeks, (dependant on advice from your therapist and surgeon).
- May need to be altered by your therapist during this time.
- The exercises that you have been shown to keep all other joints moving, must be carried out in your splint, ten times every hourly.
- Apart from exercising, you may only use your hand for light activities e.g. fastening buttons and using cutlery, while in your splint. You should not do activities such as carrying your bag, holding a cup or heavy gripping.
- After approximately four weeks you will be given additional exercises for your wrist.

Night Splint

- Must be worn as directed by your therapist.
- You **must not** use your hand or exercise it **out of the splint** until advised by your therapist or surgeon to do so.

Therapy

- Your therapist will exercise your wrist and unaffected joints out of the splint.
- Exercises will be progressed as appropriate to your stage of healing.
- You may require treatment to encourage wound healing or to help to settle swelling.
- Scar management and advice will be given.
- Be aware that you may experience a flare up of your arthritis following your surgery. Tell your therapist if you do because you may require more intensive treatment.
- Full functional use of the wrist and hand with joint protection principles (you will be given a separate leaflet) will be started at twelve **weeks after your surgery**.
- You should avoid impact loading (e.g. using hammer), heavy lifting and repetitive, forceful use.
- Your wrist will be X-rayed at six and twelve months and then yearly after that.

Expected Outcome

- Pain-free, stable joint that allows movement of the wrist and reach of the fingers to perform basic activities of daily living.
- Range of movement: approximately 30° bend in each direction.



Important

If at any time you are concerned about your splints or feel that your wound may be infected (if there is increased pain, redness, temperature or swelling), contact your Hand Therapist on the number on your appointment card between the hours 8.30 am and 4.30 pm Monday to Friday. Out of these hours, please go to your Emergency Department (A&E) at the Royal Liverpool Hospital

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

HandTherapy Department
Royal Liverpool Hospital site
Tel: 0151 706 2760
Text phone number: 18001 0151 706 2760

Broadgreen Hospital Site
Tel: 0151 282 6276
Text phone number: 18001 0151 282 6276

NHS 111 Service
Tel: 111

Web site you may find useful
www.arc.org.uk

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه پسمند کراون، نه‌گمر داوا بکریت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گموره، شریتی دهنگ، هیلای موون و نه‌لیکترونیکی همیه.

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