



## Wrist Fracture Fixation

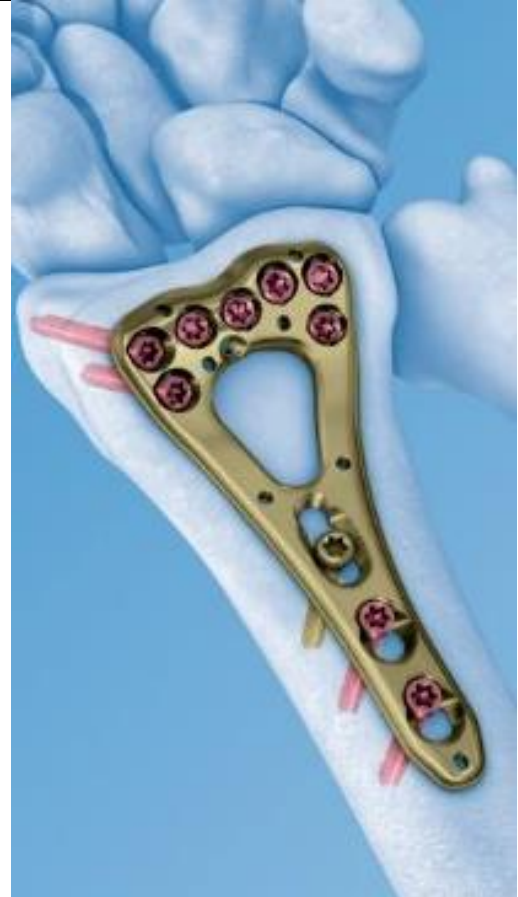
This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic. We are here to ensure that you are fully informed and comfortable with the process and expectations surrounding your Wrist Fracture Fixation surgery.

### Understanding Wrist Fracture Fixation

Wrist Fracture Fixation is a surgical procedure aimed at repairing fractures of the wrist, typically involving the distal radius and possibly the ulna. The surgery involves realigning the fractured bone fragments to their natural position and securing them using various fixation devices such as pins, plates, screws, or a combination thereof. The goal is to restore the normal anatomy of the wrist, which is crucial for regaining full function and minimizing long-term complications.

### Benefits of Wrist Fracture Fixation Surgery

- **Restoration of Wrist Function:** Proper alignment and stabilization of the fracture promote healing and function.
- **Pain Management:** Aligning the bones correctly helps reduce pain more effectively than non-surgical methods in severe cases.
- **Prevention of Deformity and Dysfunction:** Surgical fixation aims to prevent deformities that can result from healing in a poor position.





## The Day of Surgery

- The procedure is typically performed as Day Surgery or overnight stay.
- Local anaesthesia will be used to ensure your comfort during the surgery. This can cause numbness for 6 to 36 hours after surgery.
- Dr. Chen Tu will make the necessary incisions to access the fracture site, realign the bone fragments, and often secure them with titanium plate and screws.
- The incisions are then closed with absorbable stitches and covered with dressings and a splint.

## Postoperative Care

- **Initial Recovery:** You may experience some discomfort and swelling, which can be managed with medication.
- **Splint:** splint from surgery is used for 2 weeks, a removable splint will be used for a further 4 weeks.
- **Rehabilitation:** Physiotherapy is often utilised in the recovery process, helping to restore strength, flexibility, and function.
- **Follow-Up Visits:** Scheduled appointments with Dr. Chen Tu are important for assessing healing progress and guiding further care.

## Risks and Potential Complications

While Wrist Fracture Fixation is generally safe, there are risks including infection, nerve damage, stiffness in the wrist, and complications related to the hardware or anaesthesia. Dr. Chen Tu will discuss these risks in detail prior to surgery.

## Contact Information

- **Telephone:** +61 8 8236 4168
- **Email:** admintu@woc.com.au

## Conclusion

Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic are committed to your care and successful recovery from Wrist Fracture Fixation surgery. We aim to support you through every step of this process, from pre-surgery preparation to postoperative rehabilitation.

For any questions or concerns, please do not hesitate to reach out to us.