



CLINIQUE
CHIRURGICALE
DE LAVAL

WRIST AND THE HAND

Practical guide:
Wrist and the Hand



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Post-surgical Instructions for the Wrist and the Hand

To help with your recovery from a surgery of the wrist and hand, the following exercises are recommended in order to avoid complications such as ankylosis, stiffness and swelling.

- To decrease swelling, keep your hand elevated higher than the wrist.
- To sleep, rest your arm on a pillow.
- Apply ice if you're not wearing a cast. (Use bag of small frozen peas).
- Move your fingers and wrist frequently, unless otherwise instructed by the surgeon.
- Move your shoulder and elbow, changing positions often.

Please wait for the next visit to your surgeon or for your first appointment in physiotherapy before doing any other exercises. You will then be given further instructions on doing specific exercises depending on the type of surgery performed.

Getting sufficient rest and respecting your limitations also help in the recovery. Take care of yourself and do not hesitate to ask for help. Remember, your recovery period is only temporary.