HEALTH EDUCATION AFTER SURGERY

Wound care

Come to hospital immediately if :

- Redness & swollen
- Swelling
- Drainage of fluid or pus
- Fever
- Numbness





Diet

- Eat high protein food such as beef, chicken
- Take fiber diet such as fruits, vegetables to prevent constipation
- Drink a lot of fluids

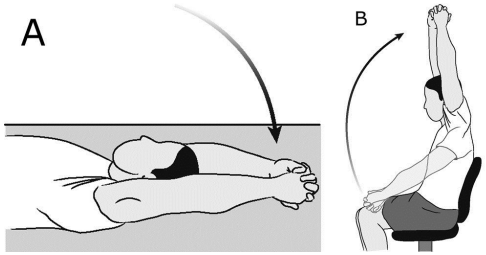


REHABILITATION

Move your fingers to help prevent stiffness. Try to bend (make a fist) and straighten your fingers 5 to 6 times a day.

It is important to exercises your shoulder several times a day by lifting your arm overhead to minimize stiffness (ROM).





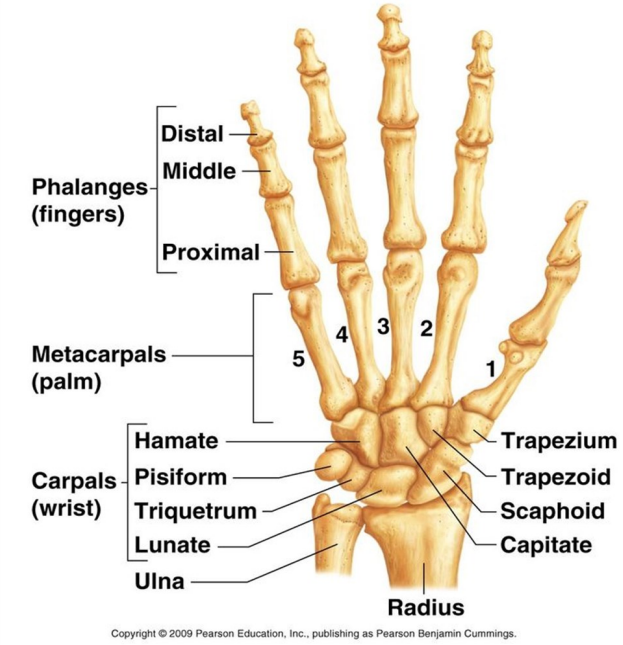
FOLLOW UP

Visit your doctor as advised

UNIVERSITY OF MALAYA MEDICAL CENTRE

Patient Information Leaflet

OPEN REDUCTION INTERNAL FIXATION (ORIF) HAND



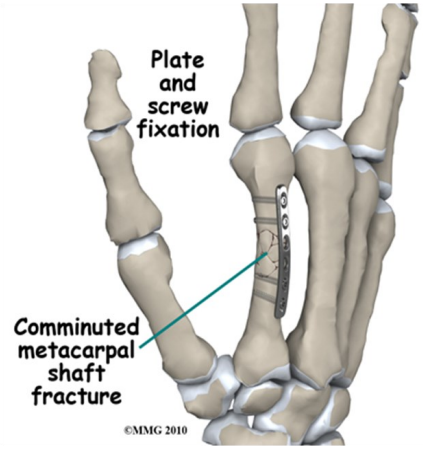
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WHAT IS ORIF OF THE HAND?

An open reduction internal fixation (ORIF) refers to a surgical procedure to fix a severe bone fracture, or break. “Open reduction” means surgery is needed to realign the bone fracture into the normal position. “Internal fixation” refers to the metal rods, screws, or plates used to keep the bone fracture stable in order to allow faster bone union.

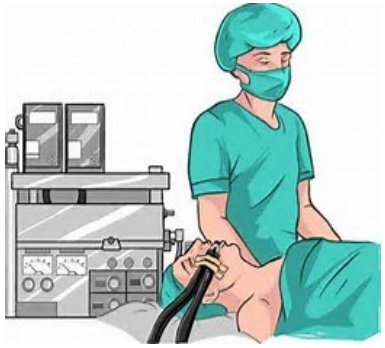
WHEN IS SURGERY NECESSARY?

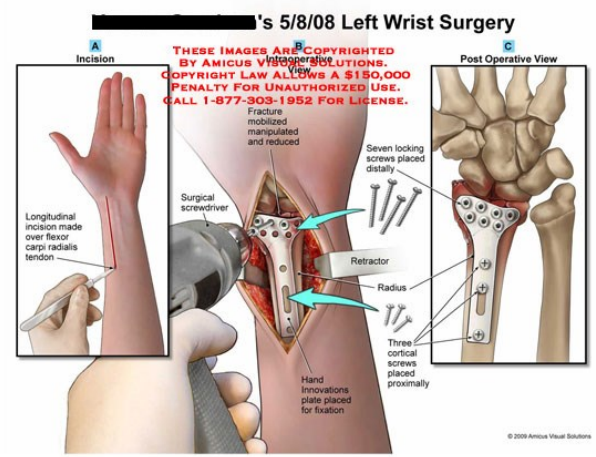
- Failure to achieve or maintain acceptable reduction using closed techniques
- Open fractures
- Multiple hand fractures
- Complex injuries
- Displaced intra-articular fractures
- Fractures with severe soft-tissue loss requiring a stable skeleton



WHAT CAN YOU EXPECT?

1. Given anesthesia (general or local) depending on type of ORIF hand surgery.
2. You may be in surgery for as few hours, depending on your fracture complexity.
3. Surgeon makes an incision over the fractured bone. The fractured bone is then realigned into its correct position (open reduction). The bone is then held in place using pins, screws, wires or a combination of each (internal fixation). The wound is washed and then closed up using stitches or sutures.





HEALTH EDUCATION AFTER SURGERY

Managing your pain

- Take medicines as advised.
- Keep the arm elevated in a sling or on pillows to reduce swelling
- Do not lift heavy object
- Wearing a wrist cast and a sling and cold compression





