

## After Surgery

Wrist replacement surgery is typically performed as an outpatient procedure. This means that patients typically leave the hospital the same day as surgery. Most patients will wear a splint for 14 to 30 days. During that time, surgeons generally recommend finger and gentle wrist movement.

## Recovery

As with any surgery, recovery from wrist replacement surgery can take time. Patients work with their doctors and physical therapists during recovery to regain strength and mobility of the wrist. If you have specific questions regarding recovery, please speak with your orthopedic surgeon.

## Summary

We realize that the decision to have surgery is sometimes difficult. It is important that you make the best decision for yourself. This brochure is not intended to replace the experience and counsel of your orthopedic surgeon. If you have any further questions, please speak with your orthopedic surgeon.

Biomet is a manufacturer of orthopedic implants and does not practice medicine. This brochure was prepared in conjunction with a licensed physician and is presented as general information only. Only an orthopedic surgeon can determine what treatment is appropriate. Individual results of total joint replacement may vary. The life of any implant will depend on your weight, age, activity level, and other factors. For more information on risks, warnings, and possible adverse effects, see the Patient Risk Information section found within Biomet.com. Always ask your doctor if you have any questions regarding your particular condition or treatment options.

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# your guide to **Maestro™ Wrist** replacement surgery



# understanding Arthritis and Wrist replacement

The wrist is a complex joint. Fortunately, for many, the wrist is one of the least likely joints to develop arthritic conditions requiring surgery. However, if conditions such as osteoarthritis and rheumatoid arthritis begin to interfere with daily activities, wrist replacement surgery can be an effective option for reducing pain and restoring motion.

This brochure will help you understand basic wrist anatomy, common reasons for wrist replacement surgery, and the surgical procedure. This brochure is for educational purposes only and is not intended to replace the expert guidance of your orthopedic surgeon. Any questions or concerns you may have should be directed to your orthopedic surgeon.



## The Wrist

The wrist has eight separate bones, called carpals, that provide movement and support to the hand. The surface of the bones is covered in a tough, lubricating tissue called cartilage. Cartilage provides smooth movement for the bones in a joint.

Osteoarthritis, the most common form of arthritis, is a wear and tear condition that affects joint cartilage, typically developing after years of constant motion and pressure in the joints. As the cartilage continues to wear away, the joint becomes increasingly painful and difficult to move. Unfortunately, cartilage does not have the ability to repair or replace itself like other tissues in the body, meaning damage is permanent. If conservative treatment options fail to provide relief, your surgeon may recommend wrist replacement surgery.

## Wrist Replacement Surgery

Wrist replacement surgery, also called arthroplasty, uses implants to resurface the bones in the joint, re-creating the smooth gliding surfaces that were once intact. The word replacement makes one think that surgeons remove the entire wrist. In truth, surgeons only resurface the damaged bone and cartilage at the ends of the bones in the joint.

In addition to osteoarthritis, there are several indications for wrist replacement surgery that are not treatable by other methods. These include rheumatoid arthritis, bone fracture, and trauma.

During surgery, the joint is exposed by an incision made on the back of the wrist. The damaged tissue is removed to allow for the replacement implants, which are made from a biocompatible (body friendly) metal alloy and polyethylene (plastic).

Wrist replacement surgery is performed while you are under anesthesia, which your physician will explain to you before your surgery. The length of surgery may be approximately 1½–2 hours. Care before surgery and time spent in the recovery room can add an additional two to three hours to the hospital stay.

## The Maestro™ Wrist Reconstruction System

The Maestro™ Wrist from Biomet is designed to restore range of motion and joint function, as well as relieve pain caused by arthritis or other conditions. It is designed to accommodate the unique anatomies of males and females, with a wide range of sizes that allow surgeons to select the most appropriate implant for each specific patient.



Maestro™ Implant

## Complications

While uncommon, complications can occur during and after surgery. Complications include, but are not limited to, infection, implant breakage, nerve damage, and fracture. Any of these complications may require additional surgery. Although implant surgery is extremely successful in most cases, some patients still experience pain and stiffness. No implant will last forever, and the patient's post-surgical activities can affect the longevity of the implant. Be sure to discuss these and other risks with your surgeon.

There are many things that your surgeon may do to minimize the potential for complications. Your surgeon may have you see a medical physician before surgery to obtain tests. You may also need to have your dental work up to date.



X-ray of Maestro™ Implant