



Post-op Instructions Surgical Fixation Distal Radius Fracture

Dr. Burka

Please note that these instructions are general guidelines to be followed; however, any written or verbal instructions provided by your provider supersede the instructions below and should be followed.

WOUND CARE

- Do not remove the short arm splint. If you are having a problem with it, please call the office.
- You may shower or bathe when desired, but the splint it to be kept completely dry. You may have to cover with a bag to keep dry.

SWELLING/ACTIVITY

- Swelling is normal and expected. Icing and elevating will help combat this.
- ELEVATE the wrist above the level of the heart when sitting down.
- Ice your hand throughout the day.
- Walk with the arm across the chest to help with swelling.
- Work on finger motions to help prevent stiffness

MEDICATION

- You will typically be prescribed a narcotic pain medication to be used after surgery at home for pain. Please take these how they are prescribed on the actual prescription:

Percocet (hydrocodone/acetaminophen): A strong narcotic pain reliever. Do not exceed 10 tablets in a 24 hours period.

OR

Over the counter Tylenol 500-1000mg every 6 hours as needed for pain and may alternating with ibuprofen 600-800mg every 6 hours as needed for pain

- Ondansetron (Zofran) was sent in to take if you are experiencing any postoperative nausea and/or vomiting.
- Keep in mind that all narcotics **will** cause drowsiness and should not be used with alcohol or if driving. Taking this medication on an empty stomach can result in an upset stomach. It is common to feel the most discomfort when lying down to sleep at night, so you may find it beneficial to take the medication at bedtime. If unusual side effects occur, please discontinue the medication and contact our office.

SIGNS OF INFECTIONS

- With any surgery it is important to be aware of any signs of infection, which can include: unusual looking or smelling drainage (green/yellow), increased redness and tenderness around the incision site, or fever (i.e. 101 degrees or above) and chills. Also, be aware of excessive bleeding or continued numbness and tingling. If you experience any of these symptoms, please call our office. There is a doctor on call 24 hours a day.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our office at 740-454-3273 to schedule.
- Typically, the first post-operative appointment following surgery is 10-14 days following surgery
- If you have any further questions please contact us during office hours