



LANCASTER ORTHOPEDIC GROUP

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Discharge Instructions after Distal Radius Fracture Surgery

Your Incision

- Do not remove the clear plastic dressing on your wrist. This will be removed when you return to the office.
- You may remove the ACE wrap when you feel comfortable doing so.
- You may shower immediately with your clear plastic dressing on.

Using Your Arm

- A soft splint and an ACE wrap have been provided to you. Keep this on for comfort.
- Use your fingers as much as possible. First try to make a fist, and then try to open your hand up. Repeat this as often as possible throughout the day.
- Do not worry about moving your wrist too much if it hurts. You will start doing this more after your first visit.
- Do not lift any weight at all with your operative arm until seen in the office.
- Keep your arm elevated above the level of your heart as much as possible in order to decrease swelling. This should also help alleviate some of the pain.

Medication

- Pain medicine has been prescribed for you. Use your medicine liberally over the first few days, and then you can begin to taper your use.
- You may take Extra Strength Tylenol or Tylenol only in place of the pain pills.
- If you have been prescribed Toradol (Ketorolac), take this around the clock as prescribed even if you do not have pain. Toradol (Ketorolac) is a powerful anti-inflammatory medication that often limits the amount of narcotic pain medication that is required.

If you are a smoker, you need to refrain from smoking in the postoperative period. The nicotine in cigarettes will inhibit healing of your repair. Similarly, nicotine containing products (gum, patches) should be avoided.

Please call 717-560-4200 for any problems. Including the following:

- Excessive redness of the incision
- Drainage for more than 4 days
- Fever of more than 101.5° F

You should see the doctor 10-14 days after your surgery.