

Post-operative Instructions : Wrist fracture

Dressing:

Please keep your dressing clean, dry, and intact until you follow up. It should be covered with a plastic bag and kept dry and out of the water while bathing.

Activity:

Please elevate your hand to reduce swelling. **No lifting or weight bearing on your operative hand.** You may perform light activity with the fingers that are left out of your bandage, such as typing or using an iPad, but **do not lift anything heavier than your dinner fork** with your operative hand. To avoid finger stiffness, please open and close your fingers gently several times a day. Please do not do any activity with your hand that causes pain.

Pain control:

You may be given a prescription for narcotic pain medication. Please use the narcotic medication as sparingly as possible to avoid trouble with side effects (nausea, constipation, dizziness, addiction). If you are able to take anti-inflammatory medication based on your medical history, you can mix Advil, motrin, Aleve, or ibuprofen in addition to the narcotic pain medication to get extra pain relief if needed. Please do not mix Tylenol or acetaminophen with the narcotics, as the narcotics often come mixed with that type of medication

As your pain decreases, please wean yourself off of the narcotics as soon as possible by substituting over the counter medications instead (ie- Advil, Motrin, Tylenol, or Aleve). For constipation, you can take 300 mg of colace a day (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 10 days after surgery.

Return to work/school:

You may return to light activity at work/school once you no longer need narcotic pain medication, but no gym and no weight bearing activities are allowed.

For questions, please call the office: 301-657-9876