

Post-operative Instructions: Pediatric forearm fracture surgery

Dressing:

Please keep your cast 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 avoid running and jumping after surgery. You should elevate your hand to reduce swelling. Please do not lift anything heavier than your dinner fork in your operative hand. You may perform light activity that does not cause pain with the fingers that are left out of your bandage, such as typing or using an iPad, but no strenuous activity is allowed. To avoid finger stiffness, please open and close your fingers a few times a day. No squeeze balls are allowed.

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 additional to the narcotic pain medication to get extra pain relief if needed.

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 colace (colace is an over the counter stool softener).

Follow up:

Please call the office to schedule an appointment for about 5-7 days after surgery.

Return to work/school:

You may return to light activity at 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