



Post Op Wrist, Forearm & Elbow Fracture Instructions

BANDAGES & DRESSINGS:

- o Keep dressing and splint/brace clean, dry and intact:
 - Cover extremity with taped cast/trash bag when showering
 - Do not submerge in water (no pools, hot tubs, etc)
- o Leave on dressing and brace until post-operative visit.
- o Follow up appointment 2 week.
 - To schedule a follow up, call the office at (281) 335-1111 .
- o You may ice through your dressings and splint/brace

WORK/SCHOOL:

- o Depending on your job, you may be able to return to work or school 3 days after surgery.
- o Do not put weight through your operative arm
- o Maintain your postoperative restrictions

TIPS TO CONTROL YOUR PAIN

- o Elevate your hand and elbow as much as possible
- o Use ice or cryotherapy consistently—20-30 minutes several times each day
 - Be sure to take breaks from the cold
- o If health history allows, you may take anti-inflammatories - Ibuprofen (Advil, Motrin), Naproxen (Aleve) with your Narcotic pain relievers
 - Be sure to take with food.
- o Drink plenty of water and walk frequently to avoid constipation and blood clots
- o When sleeping, use multiple pillows to support and elevate your arm.

PHYSICAL THERAPY

- o A prescription may be provided to you for physical therapy at your follow up appointment.
- o Please contact the office and let us know where you have decided to pursue therapy to ensure your therapist and surgeon are working together to accomplish your goals.

Please call me if you have uncontrolled pain, numbness, tingling, blue fingers or hand, fevers, or chills.

If there are any questions or concerns, please do not hesitate to contact me.