



Post-Operative Instructions: Wrist - Distal Radius Fracture ORIF

WOUND CARE

- Keep cast or splint clean and dry. Do not remove or get wet.
- Swelling and bruising in the fingertips and forearm is considered normal.

ACTIVITY

- No lifting, exercise, or weight bearing of the affected extremity.
- Keep the affected extremity elevated when at rest above the level of your heart. This will help reduce swelling significantly.

PAIN MANAGEMENT

- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform the physician or PA prior to the procedure.
- Take the medication as prescribed. Use the least amount of narcotic pain medication as possible.
- Use Ibuprofen (ex. Advil) 200-800mg three times per day to help with pain and swelling in addition to narcotic pain medicine. **(Do not exceed greater than 2400 mg of Ibuprofen daily)**
- To help with swelling and pain, elevate the affected extremity above the level of your heart. Apply ice to the splint/cast for 20 minutes on and 20 minutes off.
- Call the office if you continue to have uncontrollable pain.
- If you are taking narcotic pain medication (Percocet or Vicodin), you may need a stool softener to prevent constipation. Over-the-counter medication such as Docusate or Milk of Magnesia is recommended.



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EMERGENCIES

Call the office at (401-218-6005) if you experience the following:

- Cast or splint becomes wet or ruined
- Pain uncontrolled by pain medicine
- Fever > 101 ° F or shaking chills
- Difficulty breathing or chest pain
- Painful swelling despite elevation

FOLLOWUP CARE/QUESTIONS

- You should have a post-operative appointment scheduled approximately 2 weeks after your surgery. If not, please contact our office to schedule (401-218-6005).
- Please arrive 30 minutes prior to your appointment to allow time for x-rays. Depending on your fracture and your healing progress, we will remove your splint or cast and transition to a removable wrist splint.
- A member from our team will call you the day after surgery to answer any additional questions or concerns.

If you have any further questions or concerns, please contact our office during business hours, Monday-Friday 8AM-4:30PM. We will return all calls within a 24 hour business day period. Our office can be reached at 401-218-6005. If this is a medical emergency, please call 911 or report to your local emergency department.



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When calling our office for a Prescription Refill

Our office requires a 72-hour business day window for all prescription requests in order to review and plan all inquiries in the order that they were received.

Your request requires one clear and detailed message on extension 314 with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you.

Due to the Doctor and Physician Assistant operating room and clinic schedule, our office is unable to write prescriptions on an emergency basis. So please monitor your medication responsibly.

If you have not received a call or voicemail, your request has not been processed.

Please note

If you are currently being followed by a doctor for pain medication, please have an open line of communication with their office, as we are not built for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will then be referred back to the existing prescriber and or a pain management facility.

Thank you in advance for your patience and cooperation.

401-789-1422 x314