

### **1. Splint Care:**

Keep your splint clean & dry. Do not remove. Swelling in the fingers is normal and may persist for several weeks. If the splint feels too tight, ice & elevate the arm to reduce swelling. If you have progressive pain or numbness in the hand, call the office.

### **2. Pain Medication:**

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

### **3. Activity:**

Work on elbow, finger & grip range of motion following surgery. Otherwise the arm should be kept in a sling with no activity allowed. At 2 weeks you may be allowed to begin some limited activity out of a splint if the fracture is healing well, but often the arm is kept immobilized for 6-8 weeks following surgery.

### **4. General Instructions:**

Apply ice to the wrist (20min on /off) and elevate to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, or fever  $>100.5^{\circ}$  F, call the office immediately.

If pins were used to fix your fracture, they will be removed in the office at 4-6 weeks. Plates & screws usually do not require removal.

Most fractures heal within 8-10 weeks and it is not unusual to have some residual stiffness in the wrist or hand once the fracture has healed which usually resolves with therapy. Stiffness can be prevented by working on finger range of motion throughout the healing period.

### **5. Follow-up Appointment:**

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

### **6. Other Instructions:**

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*If you have any problems or concerns following surgery,  
please call our office at (616) 949-8945.*