



DISTAL RADIUS FRACTURE SURGERY

Post-Surgery Instructions & Information

Follow-up:

- Follow up in 2 weeks with Dr. English's Office (Mountain Orthopaedics). If you have non-dissolving sutures we will remove these at this appointment
- Follow-up sooner with any questions/concerns

Therapy and Use:

- Elevate the hand above the heart for 2-3 days and as needed over the next 1-2 weeks
- Your fingers will swell and may bruise. Open and close the uninjured fingers for 5 minutes every hour to avoid stiffness
- Use the other hand to assist and get the fingers all the way open and closed
- Depending on the type of fracture our office will arrange for you to see Physical Therapy in 5-14 days after surgery. If therapy is going to make you a brace they will remove the dressing. Use the brace provided by the therapist at all times, except when doing therapy exercises

Dressing and Wound Care:

- Cover dressing while showering. Keep Dry
- Leave the dressing in place until you see therapy or you come in for your 2 week follow- up appointment
- If you have pins, you will have to keep the splint/brace/cast dry until the pins are removed. These are removed 4-6 weeks post-surgery

Pain Control:

- Numbing medication used during surgery can last between 12-36 hours
- Use Tylenol and Ibuprofen for pain control after surgery
- If prescription medication is required it should NOT be taken within 6 hours of taking Tylenol (Acetaminophen). Tylenol (Acetaminophen) can be taken with or alternated with Ibuprofen
- Take your prescription medication as prescribed
- Prescription pain medication can cause constipation, nausea, itching, drowsiness, sedation, and hallucinations. It should be taken with a stool softener (Colace) and/or laxative (Miralax)

Treating Radius Fractures:

- There are many types of radius fractures and many of them can be treated with casting. Others will be treated with a plate/screws, while others treated with pins. Dr. English will discuss with you best treatment options for your type of fracture

Wrist (Distal Radius) Fractures



Recovery Timeline:

- Days 0-7 - Immobilization in splint
- Weeks 1-6 - Supervised therapy and removable splint protection
- Weeks 7-12 - Wean from splint, progress to full use, therapy to improve motion, work or sport specific therapy
- Stiffness in the wrist may persist for many months. You can make improvements in wrist motion for over a year after surgery
- If pins are used, they are removed 4-6 weeks after surgery. They are typically removed in the office.

When to call the surgeon:

Call your surgeon if you notice any of the following:

- White or pale-blue hand or nails (If you pinch your skin or nail and the color doesn't return)
- Redness, drainage, or other evidence of infection
- Problems with the pins
- Pain that is not relieved by prescribed medicine
- Loss of sensation that occurs 24-36 hours after surgery
- Excess swelling in hand or fingers
- Fever over 100.4°F (38°C)