



Postoperative Instructions ***Distal Radius Fracture***

Diet

- Begin with clear liquids and light foods (Jello, soup, etc).
- Progress to your normal diet if you are not nauseated.

Wound Care

- Please keep your splint clean and dry.
- You may loosen the elastic (ACE) bandages around the splint if its appear or feel too tight.
- Bleeding through the dressing is quite common. This usually occurs for the first 1-2 hours after surgery. The actual bleeding has stopped by the time the drainage is visible on your dressing.

Activity

- When sleeping or resting, we recommend an inclined positions (recliner chair) with pillows behind the shoulder or under the forearm for added support. This will allow for elevation of the extremity and better comfort.
- Do not engage in activities that increase pain and swelling in the extremity for the first 7-10 days after your surgery.
- Avoid long periods of sitting (without your arm supported) or long distance travelling for 2 weeks.
- No driving until instructed by Dr. Dekker.
- You may return to sedentary work or school 3-4 days after surgery, if pain is tolerable.

Ice therapy

- Begin immediately after surgery
- To best control the pain and swelling ice every 2 hours for 20 minutes until your first clinic visit.

Medications

- The specific medications you are prescribed will depend upon the surgery you receive.

Pain

- Pain medications should be taken as directed on the bottle starting the day of your surgery.
- You will be given ONE of the following:
 - Oxycodone 5 mg – Take 1-2 tablets every 4 hours for pain relief
 - Norco (Hydrocodone/Acetaminophen) 10/325 mg – Take 1-2 tablets every 6 hours for pain relief. *You can only take 4g of Tylenol per day (a total of 8 pills) in a 24 hour period. Do NOT take additional Tylenol when taking this medication.
- Common side effects of narcotic pain medication include nausea, drowsiness and constipation. To decrease these side effects take with food. If constipation occurs we recommend taking an over-the-counter laxative.
- You may supplement the narcotic pain medication with ibuprofen. *If you are taking a blood thinner such as Coumadin (Warfarin), Lovenox, Xarelto, or have a history of ulcers you should NOT take this medication.
 - Ibuprofen 200 mg – Take 2 tablets every 6 hours for pain relief.

Anti-nausea

- This medication should be taken if you experience nausea or vomiting. If you know you are sensitive to narcotics please take 30 minutes prior to pain medication.
 - Hydroxyzine 25 mg – Take 1 tablet by mouth every 6 hours as needed for nausea.

Antibiotic

- In addition to the intravenous antibiotics given to you before your surgery you MAY be given an oral antibiotic to take at home to reduce the chance of a post-operative infection.
 - Keflex 500 mg – Take 1 tablet by mouth 4 times a day for the duration prescribed.
 - If you are allergic to penicillin, you will be given Clindamycin instead. Clindamycin 300 mg – Take 1 tablet a day for the duration prescribed.

Stool softener

- If you are experiencing or have a history of constipation take a stool softener such as Peri-colace, Colace or Senekot starting the day after your surgery. You may stop taking this once you have regular bowel movements.

Emergencies

- Contact Dr. Dekker if any are present:
 - Severe swelling in the leg and/or calf pain
 - Unrelenting pain
 - Fever (>101.5) or chills (fevers less than this are very common the first few days after surgery and are unlikely to indicate an infection)
 - Redness around the incision
 - Continuous draining/bleeding from the incision (small amounts are completely normal)
 - Blue or white toes (this may indicate a lack of blood flow to the foot)
 - Difficulty Breathing
 - Excessive nausea

Follow-up Care

- If you do not already have a post-operative appointment, please call (248) 650-2400 and schedule by asking for appointment scheduling.

Prescription Refill

- 24 hour notice is required for prescription refills. Most pain medication prescriptions will have to be picked up in our office during normal business hours.
- Rochester office: (248) 650-2400
- Shelby Township office: (586) 254-2777
- River District office: (810) 329-1250

Questions / Concerns

- Monday through Friday between 8 am - 5 pm please contact our office or surgical coordinator.
 - Rochester office: (248) 650-2400
 - Katharyn Chernicky, Rochester Surgical Coordinator: Direct line (248) 659-0190, Fax (248) 659-0795
 - Shelby Township office: (586) 254-2777
 - Dee Green, Shelby Surgical Coordinator
 - River District office: (810) 329-1250
 - Cindy Stefanski, River District Surgical Coordinator
- There is a 24 hour orthopedic nurse available in the event that you have questions, concerns or issues and cannot get a hold of our office, please call (248) 601-8844