

**Wrist Fracture/Arm Discharge Instructions**

**Medications**

A prescription for pain medicine, nausea medication and an antibiotic will be given to you before you leave the hospital. The antibiotics will be taken for 3 days unless indicated otherwise. The nausea and pain medication should be taken as directed as needed. Depending on the surgery, you may also be told to take 325mg of aspirin daily for 30 days or be given a blood thinner. Aspirin acts as a blood thinner that decreases the risk of a blood clot in the deep veins of the legs called a DVT, which can sometimes occur after surgery due to decreased activity.

You may need to take a stool softener twice daily while taking pain medicine. (ex: Colace 100 mg) Pain medicine can slow down the bowels causing constipation.

Do not drink alcoholic beverages for 24 hours. Drink plenty of fluids. Resume a regular diet by eating light foods and advance as tolerated. Drink 6-8 glasses of fluids each day.

Do not drive or operate heavy machinery for 24 hours, or while you are taking pain medication.

Effects of the nerve block will last around 12-48 hours. This may cause tingling/numbness/weakness or feeling like your arm is asleep. Effects of general anesthesia may last up to 48 hours. You may have episodes of drowsiness, nausea or dizziness. These feelings are normal.

**Wound and Dressing Care**

Draining from the incision(s) in the first week is normal. Keep dressing/splint clean, dry and intact. Do NOT remove dressing/splint or get it wet. Cover with plastic bag and tape or press n seal to shower.

**Activity**

Keep the hand elevated above the level of the heart for the first 48 hours. Do range of motion exercises several times a day with the operative hand fingers to help with pain and swelling. Ice packs are recommended for the first 48 hours and as needed after that. Make sure to put the ice packs on the splint/dressing. Do not remove the splint to ice. Swelling is normal after surgery which is why the elevation, hand ROM and ice is recommended.

Be sure to walk with assistance the first days after surgery, especially after taking pain medication. Walking short distances will speed up your recovery. Do frequent foot flaps and ankle motion exercises 30 times every hour while awake for the first 2 days for circulation in your lower extremities.

**Follow up appointment**

You will have a follow-up appt 10-14 days after surgery. In most cases, this appointment was made when your surgery was scheduled. Please call 806-350-2663 to confirm appt details if needed.

**Returning to work/school**

As a general rule, we recommend taking off work at least until your follow-up appointment. You will be given a note to excuse you from work/school on the day of your surgery. If you would like to return to work before your follow-up appointment, please contact our office and make arrangements.

If you are a student, it is up to the discretion, within reason, of you and your parents on how long you will be out of school. Usually, 2-3 days is typical but special considerations may be made on case-by-case basis. However, no PE or Sports until released by Dr. Parker or staff.

**Call our office or go to the Emergency Room if...**

* **You have a fever of 101 or higher, night sweats or chills.**
* **You notice red streaks radiating outwards from your incision(s).**
* **Your incision(s) get worsening redness, swelling, draining pus or severe pain.**
* **You experience shortness of breath or severe pain in your calf (signs of a blood clot)**
* **You have any questions, do not hesitate to call our office.**