



EDWARDS
ORTHOPEDICS

Advanced Orthopedic Surgery, Close to Home.

Dr. Chad Edwards, Orthopedic Surgeon

POSTOPERATIVE INSTRUCTIONS

Distal Radius Fixation

Rehabilitation or physical therapy instructions, when needed, are provided separately.

Incision and Splint Care

- Your surgical site will be covered with a splint immediately after surgery.
- Keep the splint clean and dry until your follow-up visit. Do not remove it unless you are specifically instructed to do so.
- If the splint becomes wet, damaged, or painfully tight, contact the office.

Pain Control - Goal: Minimize Opioids

- **Acetaminophen (Tylenol):** Take 1,000 mg (two 500 mg Extra Strength tablets) three times a day unless instructed otherwise.
- **Anti-inflammatory medication:** Unless you were prescribed Celebrex or a different anti-inflammatory, take ibuprofen 800 mg three times a day with food.
- **Do not combine NSAIDs.** Do not take ibuprofen together with Celebrex, meloxicam, naproxen, diclofenac, or another NSAID. If you have been told to avoid NSAIDs, do not take ibuprofen unless specifically instructed.
- **Muscle relaxer:** Flexeril (cyclobenzaprine) may occasionally be prescribed for muscle spasm. Take it only as directed. It can cause drowsiness.
- **Oxycodone / Percocet:** Use only if pain remains unbearable despite Tylenol and your anti-inflammatory medication. Use as little as possible. The goal is to avoid opioids whenever possible.
- **Important Tylenol warning:** Do not take additional medicines that contain acetaminophen. Percocet contains acetaminophen and counts toward your daily total.
- **Alcohol and driving:** Do not drink alcohol or drive while taking oxycodone, Percocet, Flexeril, or any medication that makes you sleepy or impairs your judgment.
- **Blood thinner:** If an anticoagulant or blood thinner is prescribed, take it exactly as instructed.

Activity and Restrictions

- Unless instructed otherwise, let pain be your guide.
- Do not lift more than 2 pounds with the affected arm.
- Move your fingers regularly and use the hand gently for simple activities as tolerated.
- Do not push, pull, bear weight through the hand or wrist, or use the affected hand to push yourself up from a chair until cleared.
- Keep the hand elevated as much as practical for the first 24-48 hours to help reduce swelling.

Follow-Up

- A follow-up appointment will be scheduled to monitor your recovery.
- Call the office if you have questions or concerns before your follow-up.

Call the Office for Any Other Concerns

- Increasing redness, swelling, warmth, or drainage from the incision.
- Fever or chills.
- Severe or worsening pain that is not improving as expected.
- New or increasing numbness or tingling in the fingers.
- Difficulty moving the fingers, or fingers that become pale, blue, or cold.
- Increasing hand or finger swelling or pain that is not relieved by elevation and medication.

CALL 911 OR GO TO THE EMERGENCY ROOM

For any emergent issue. Do not use the office or urgent postoperative text line for an emergency.