



# Postoperative Instructions

## Upper Extremity Fracture

Raymond R. Drabicki, M.D.

Diagnosis: \_\_\_\_\_

Procedure Performed: \_\_\_\_\_

1. Please keep your dressing and splint clean, dry, and in place until you are seen in our office at your first postoperative office visit. Please **DO NOT** get your dressing or splint wet. Should this occur, please call our office to have the dressing / splint changed.
2. A prescription will be provided for pain relief and nausea prior to your discharge. Please inform us of any drug allergies.
3. You are permitted to eat. Please advance your diet as tolerated.
4. Ice should be applied to your operative site 24 hours a day for the first 72 hours. After 72 hours, apply ice for 1 hour per day or whenever you experience pain. Do not use heat. Elevate the surgically repaired extremity.
5. Activity
  - Please exercise your fingers and hand to decrease swelling.
  - Keep splint / brace on at all times.
  - Elevate and ice operative extremity to decrease pain and swelling.
  - Please **DO NOT** bear weight on your surgically repaired extremity.
  - Clean your pin sites daily with hydrogen peroxide.
  - Please begin physical therapy with your therapist as written on the provided script.
  - Exercises for your arm are not necessary at this stage of your recovery. You will be instructed on exercises during your first postoperative visit to our office next week. Do not lift anything with your extremity. You may write and type with your extremity.No driving until after you are seen in the office after surgery.
6. Elevated temperatures or a mild fever (temperature slightly greater than 102 degrees) can be expected within the first 48 hours after surgery. Please Take Ibuprofen to decrease your temperature. After 48 hours from surgery any temperatures over 101 degrees, increased redness of the surgical site, or progressive swelling should be immediately brought to the attention of my staff.
7. Please contact our office to make or confirm your follow-up appointment for approximately 10-14 days after surgery.
8. Thank you for following the above instructions. If you have any questions please do not hesitate to call my office. My staff and I will be available to address your concerns **(412) 661-5500**.