



Post-Operative Instructions:

ORIF Distal Radius

Diet:

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

Wound Care:

- Maintain your operative splint, loosen ACE bandages if pain suggests that the dressing is too tight.
- It is normal for your incision to bleed and swell from your surgery- if blood soaks through your bandage, do not become alarmed – reinforce with additional dressing.
- Do not remove your surgical splint, it will be removed at your first post-op visit- Should splint fall off or get soaked please contact our office.
- To avoid infection, keep your incision clean and dry

Medications:

- Most patients will require some narcotic pain medications for a short period of time – these should be taken as directed on the bottle.
- Primary Medications:
 - Norco 5/325 (quantity: 30): Short acting pain medication. This should be taken to supplement pain. Take 1-2 pills every 4-6 hours as needed.
 - Plan to use these medications for as short of time as possible. Average use is for 2-4 days.
 - Ibuprofen 600 mg may be taken every 6 hours in between narcotic pain medication to help smooth out the post-operative “peaks and valley”, reduce overall amount of pain medications required, and increase the time interval between narcotic medication usage.
 - Do not take additional Tylenol for pain when taking Norco.
- Common side effects of pain medications include nausea, drowsiness, constipation – to decrease these side effects, take with food – if constipation occurs, consider taking an over the counter laxative.
- If you are having a problem with nausea and vomiting please take one of your anti-nausea medications – Zofran. If still having issues please call our office for a possible medication change.
- Do not drive a car or operate machinery while taking narcotic medication.

Activity:

- Do not engage in activities which increase pain and swelling over the first 7-10 days after your surgery.
- Keep your operative arm elevated above your heart for pain relief.
- Avoid long periods of sitting (without your arm supported) or long distance traveling for 2 weeks.
- May return to sedentary work or school if pain is tolerable and you are not on opiate pain medications.
- Please move your fingers and elbow often to avoid stiffness
- You may lift things with your operative hand that weigh the same or less than a cup of coffee.

Ice Therapy:

- Begin immediately after surgery
- Use Ice every 2 hours for 20 minutes daily until your first post-operative visit

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Exercise:

- Begin simple range of motion of your shoulder, elbow, and fingers.
- Formal physical therapy (PT) maybe prescribed later, but most people do not require formal PT.

Emergencies:

- Contact Dr. Keller if any are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (>101) or chills. It is normal to have a low-grade fever after surgery.
 - Redness around the incision
 - Color change in the wrist or hand
 - Continuous draining/bleeding from the incision (small amounts are completely normal)
 - Difficulty Breathing
 - Excessive nausea.

***If you have an emergency please contact Dr. Keller before going to a hospital or emergency room.

Follow-up Care/Questions:

- Please contact Katharyn Chernicky, Dr. Keller's assistant at 248-659-0190. OR email Dr. Keller at RKeller@DL-Ortho.com.
- If you do not already have a post-operative appointment, please call and schedule by calling 248-650-2400 and asking for appointment scheduling.