

Post Operative Instructions: Hand Fracture Pinning

You are recovering from hand/wrist fracture surgery. The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your dressing on until your follow up visit. Avoid getting it wet. Post-operative bleeding is not unusual. Reinforcing your dressing is alright. If you have any concerns about the amount of bleeding, please call the office.
2. Post-operative pain is common, but should be controlled by the prescriptions given to you. Your need for prescription pain medication should decrease by 3-4 days after surgery, and you should begin to take your usual over-the-counter pain medicine (i.e. ibuprofen or Tylenol) as directed on the bottle. Also, if you were given antibiotics, make sure to take them as prescribed. Do NOT drive a car or operate machinery while taking narcotic pain medication.
3. Use your cold therapy unit or place a bag of ice over the incision as directed until you are seen in the office. Wear it over your clothing. Your sling should be worn at all times except for your therapy.
4. When sleeping or resting, inclined on a pillow under the forearm for support may provide better comfort. Do not engage in any lifting or repetitive activities until seen in the office. You may return to sedentary work only or school 3 - 4 days after surgery, if pain is tolerable.
5. Your post-operative therapy begins on the day of surgery. Begin shoulder, elbow, hand and uninvolved finger exercises as able. Complete these exercises 3 - 4 times per day until your first post-operative visit.

6. If you have a fever over 101.5°, shaking, chills, increasing pain after the first 3-4 days post surgery, color changes in the wrist or hand, redness around the incisions, continuous drainage from the incisions, or difficulty breathing, please contact us, or if severe, go to the Emergency Room. Moderate pain is expected for several days, but should gradually diminish.

7. You will be seen in the office 7 - 10 days after surgery for follow-up. Please call the office to schedule the appointment. If you have any questions or concerns please call us at (607) 734-4110.