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## Metacarpal Fracture CRPP/ORIF Instructions

Dane Todd, MD

1. **Ice** the hand for at least 72 hours after surgery.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period. Wean off the pain medications as soon as possible after surgery.
3. **Dressings** – Keep your splint clean and dry until your follow up appointment.
4. **Showering** – You may shower, but need to keep the splint covered, clean, and dry.
5. **Sling** – Wear your sling for comfort, but it is not required
6. **Motion** – Ok to perform finger and elbow range of motion as your splint allows
7. **Lifting** - Do NOT lift any objects with the operative arm
8. **Pins** – You may have pins beneath the splint that are maintaining alignment of the fracture. These will be removed in clinic, leave them in place until follow up.

Questions please call: # 402-488-3322  
Fax: 402-488-3336

Patient Name: \_\_\_\_\_  
Surgery Date: \_\_\_\_\_

s/p Metacarpal Fracture ORIF or CRPP

Thumb          Index          Long          Ring          Small

Side (circled): Right          Left

Weight Bearing Status – NON Weight Bearing

Notes: \_\_\_\_\_