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## Distal Radius Fracture ORIF Instructions

Dane Todd, MD

1. **Ice** the wrist for 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, but no motion of the wrist until your post-operative appointment.
7. **Lifting** - Do NOT lift any objects with the operative arm
8. **Physical Therapy** – Begin physical therapy after your first post-operative appointment

Questions please call: # 402-488-3322  
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Patient Name: \_\_\_\_\_

Surgery Date: \_\_\_\_\_

Surgery Performed (circled)      Side (circled): Right      Left  
Distal Radius Fracture ORIF

Weight Bearing Status – NON Weight Bearing

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