



Mammoth Orthopedic
Institute

Mammoth Orthopedic Institute • 85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.924.4084

POST-OPERATIVE INSTRUCTIONS: BOTH BONE FOREARM FRACTURE (RADIUS AND ULNA)

ACTIVITY

- You **may not bear weight** on the operated arm (lean on arm, push off of a surface, carry objects) until cleared by your physician.
- You should move (straighten and bend) your fingers at least 10 times per day within your comfort to decrease swelling and prevent stiffness.
- You may move your shoulder (raise it overhead) and elbow (bend and straighten) within your comfort to decrease swelling and prevent stiffness.
- You may be able to do some typing or writing right after surgery. But, swelling or stiffness may make it hard to do these things for 3 to 4 weeks after surgery.

PAIN & INFLAMMATION CONTROL

- **Elevation** - You may notice that your fingers will get swollen if your arm is hanging by your side for long periods of time, therefore keep your arm **elevated above your heart** as much as possible for the first 2 to 3 days.
- **Ice** - You may use an ice pack for up to 20 minutes at a time over the surgical dressing to help reduce swelling in your hand. Place a thin cloth between the ice pack and your skin or dressing to protect your skin.

MEDICATION

- The narcotic, is a short-acting medication. You may take 1-2 tablets every 4-6 hours.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. Please call the clinic if you are experiencing trouble with any of these symptoms. Take stool softeners as instructed over the counter.
- Do not drive a car or operate machinery while taking narcotic pain medications.
- Anti-inflammatory medications (Aleve, Ibuprofen, Naproxen, etc.) should **not** be taken for 6 weeks after surgery.
- If you think you will require a refill on your medication, you **MUST** do so during our regular **weekday** office hours
- The Zofran is for nausea. You may take this every 6 hours. If you are very nauseated you may crush the tablet and place it under your tongue.

EMERGENCIES

- Please have someone care for you at least 24-48 hours after the surgery
- A small amount of red-tinged drainage on your dressings can be normal. If the drainage soaks your dressings, continues to expand, is foul-smelling, or your incisions are very red please call the office.
- If you develop a fever ($>101.5^{\circ}$) or chills please call the office.
- If you experience leg or calf pain, leg swelling, chest pain or difficulty breathing please call the clinic, or after hours go to the emergency room.

FOLLOW-UP CARE

- If not already scheduled, please call the office to schedule a follow-up appointment for splint removal 10-14 days postoperatively.
- In most cases you will be converted to a removable splint at that time and begin physical therapy.
- Do **not** do any weight-lifting or strengthening exercises without talking with your surgeon or occupational therapist.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL THE OFFICE. (760)924-4084