

## Instructions Following Wrist Fixation

### 1. When to contact Dr. Faulkner:

- Excessive bleeding; unrelenting pain; excessive wound drainage (mild drainage or spotting is normal for 3-4 days postop); persistent numbness or tingling in operative extremity; temperature of  $>101^{\circ}$  F; increasing redness or swelling; calf pain, tenderness, or swelling

### 2. Dressings/wound care:

- Please keep dressing and/or splint clean and dry.

### 3. Blood Clot Prevention:

- Wear compression stockings for 2 days postop. Remove for hygiene and for 2 hours/day to allow the skin to breathe. Walk short distances at least 3x/day.
- Take Aspirin 81 mg for 14 days.

4. **Sling:** Sling should be worn at all times for the 1<sup>st</sup> 24 hours. After 24 hours, we encourage you to wear your sling when ambulating and at night.

5. **Range of Motion:** Finger range of motion exercises are encouraged 3x/day.

### 6. Pain medication:

- Take 1-2 tabs of the prescribed pain medicine with food every 4-6 hours as needed. Take the medication sparingly and discontinue as soon as possible.
- Common side effects of narcotics: constipation, drowsiness, nausea and confusion. If you experience severe nausea, itching, dizziness or other adverse reactions, call Dr. Faulkner.
- Increase your fiber intake (fruits, vegetable, grains) and use an over the counter stool softener (such as docusate or Senna-S) if you are having constipation.
- Substitute Tylenol and/or Ibuprofen or Aleve if you do not have any contraindication to taking these. **Maximum dose/day of Tylenol is 1000 mg every 8 hours and Ibuprofen 800 mg every 8 hours.** Stomach upset, GI ulcers and allergic reactions are the most common adverse reactions to anti-inflammatories. You should not take more than 3000 mg of Tylenol in a 24 hour period.

7. **Diet:** Anesthesia can cause temporary nausea after surgery. Begin with light with clear liquids or soft foods after surgery to minimize upset stomach. Drink at least 6-8 glasses of water daily.



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