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## **Discharge Instructions**

### **Forearm Fractures**

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Use sling as needed for comfort. **DO NOT** do any lifting, carrying, pushing or pulling with injured arm until follow up appointment. Work on motion to shoulder, elbow, wrist and hand to injured arm.
- Pain:** Take pain medication as needed. Please contact the office at 302-655-9494 if your pain is uncontrolled.
- Ice:** Ice is an excellent source for pain, relief, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302-655-9494 after discharge from hospital to schedule a follow up appointment for 2-3 weeks after surgery or discharge from hospital.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call 302-655-9494 for assistance.
- Wound Care:** Remove the dressing on the 3<sup>rd</sup> day after surgery, apply a dry dressing as needed for drainage. You may leave the incisions open to air if there is no drainage.
- Showering:** You may shower on 1<sup>st</sup> day after surgery. Place the dressing in a bag and use tape to keep dry while bathing.
- Sutures:** Your sutures or staples will be removed at your follow-up visit.