



DELAWARE ORTHOPAEDIC SPECIALISTS

## **Discharge Instructions** **Humerus / Elbow / Forearm / Wrist Fractures**

- Diet:** Start out with liquids and progress to regular diet as tolerated.
- Activity:** Active motion of shoulder/elbow/forearm/wrist and fingers is required to prevent stiffness. Begin active motion immediately after surgery or after splint is removed. If splint was placed, see below (Dressings). **DO NOT** perform lifting, carrying, pushing, or pulling with injured arm until cleared by surgeon.
- Pain:** Take the prescription pain medication as needed, you only get one script. Please contact the office at 302 655-9494 if your pain is uncontrolled. Unless you have liver disease, supplement with Tylenol (max 1000mg every 6 hours). Unless you have peptic or renal disease you may also use Ibuprofen.
- Ice:** Ice is an excellent source for pain relief, swelling and inflammation. Use it as often as 20 minutes out of every hour.
- Follow-up:** Call the office at 302 655-9494, x1141 to schedule a follow up appointment for 2 weeks after surgery. Follow up occurs (typically) at 2 weeks, 2 months, 4 months and 6 months after surgery.
- 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.
- Incision:** Your incision is closed with staples or sutures. These will be removed at the 2 week follow up.
- Dressing:** If a splint was placed, please remove splint and all dressings on post-surgery day 3. If no splint placed, may remove dressings also on post-surgery day 3. Until then, keep clean and dry. Once splint/dressing is removed, you may shower with surgical site uncovered and replace a new clean dressing on the surgical site as needed.