Post Op Instructions
Wrist ORIF

Diet:
- Begin with liquids and light food (Jell-O, soup, etc.). Progress to your normal diet if you are not nauseated. Sometimes the digestive system is slow to respond after anesthesia, in addition to the use of narcotic pain medication. The use of a mild over the counter laxative may be beneficial.

Wound Care / Dressings:
- Expect minimal bloody drainage on surgical dressing. Call the office if the bandage becomes saturated. Do not remove your dressings unless instructed to do so. Your dressing will be removed at your first post-operative follow-up appointment.
- Showering is allowed after the dressing is removed, about 10 days after your surgery. Do not soak the knee (no bath tub, hot tub, Jacuzzi, Swimming pool or ocean) until cleared by the doctor.
- Do not put ointment on your incision, or touch the incision until cleared by the doctor.

Medications:
- Take your pain medication as needed, though not more than every (4) four hours. Do not wait until you are in a lot of pain before taking the medication. It takes the medication (30) thirty to (45) minutes to take effect.
- Strong oral narcotic pain medications have been prescribed for the first few days. Use only as directed. Do not combine with alcoholic beverages. Do not drive, operate machinery, or make important legal decisions while taking narcotics.
- Do not take Tylenol or Acetaminophen in combination with pain medications that include these same substances. You may find the contents of the pain medication on the bottle of your prescription.
- You may take anti-inflammatory medication (Motrin, Naprosyn, Ibuprofen,) in between does of your pain medication.
- It is not uncommon to have some stomach upset with use of narcotic medication. For this reason, take your medication with food. If your symptoms are severe, or the medication does not treat your symptoms of post-operative pain, please call the office and we will prescribe a different medication.

Activities:
- Do not remove your splint or brace that was put on after surgery until you are instructed to do so by your physician.
- You may not use your operated limb to support any amount of body weight until your physician instructs you to do so.
- If your injury involved one of your upper extremities, you may not use that limb to reach, grasp or lift any
objects. You may not use this limb to support any amount of body weight until your physician instructs you to do so.

- If you have an ice machine, use it as much as possible until your first post-op appointment. There should be a cloth barrier between the ice pack and your skin at all times.
- If you do not have an ice machine, you can use an ice pack or frozen peas. Use this for twenty minutes every two to three hours. There should be a cloth barrier between the ice pack and your skin at all times.
- Elevate your affected limb above your heart as much as possible after your surgery. Your physician will tell you when it is no longer beneficial to elevate your injured limb.
- Do not drive until approved by your doctor. Do not drive if you are taking narcotics or muscle relaxants as they can make you drowsy and slow your reaction time.
- Return to work depends on your type of employment and can be discussed at your post-op appointment.

Follow-up Care:

- You should have an appointment scheduled post-operatively for 2-3 days after surgery. The purpose of this appointment is to remove your dressings, and do a wound check. New bandages will also be put on.
- Please call the office if you need to change this appointment, or if you do not have an appointment (404)425-1624.

**EMERGENCIES**

- Contact Dr. Kercher’s Clinical Assistant Alicia at 678-732-1337 if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101° - it is normal to have a low grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in wrist or hand
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting

**If you have an emergency after office hours or on the weekend, contact the main office number (404-355-0743) and you will be connected to our on call nurse – they will triage the issue and determine if the on call doctor is needed**

**If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**