Instructions following Distal Radius/Scaphoid ORIF

Andreas Sauerbrey, M.D.
Margo Boatner, PA-C

Follow up appointment:
- Call 970-879-6663 to schedule your appointment next week in Steamboat, Craig or Rock Springs.
- Your sutures will be removed and a cotton cast or splint will be applied.
- Your work restriction and return to work time frame can be discussed.

Diet:
- Regular diet as tolerated.

Medication Regimen:
- Use pain medicine as directed and as needed. You will usually be given Percocet or Norco for pain. These contain Tylenol as well as narcotic medicine.
- Refer to your prescription bottle for directions.
- You may take Ibuprofen (Advil, Motrin) in addition to your narcotic.
- DO NOT take additional Tylenol.
- Do not drive while taking narcotic pain medicine.
- Narcotic medications can be constipating so we recommend using Miralax or Milk of Magnesia as directed on the bottle.

Ice:
- Icing the hand and wrist regularly can help with pain control and swelling.
- You may apply ice over the dressing for 20-30 minutes at a time.

Elevate:
- Elevate the hand above the heart to help with swelling.

Activity:
- You may bend and straighten the fingers to keep mobility. The thumb is splinted and you should not be moving the thumb.

Wound care:
- Leave your dressing in place until your follow-up appointment next week. If the ACE wrap feels too tight, you may take the ACE wrap and re-wrap.

Prophylaxis against blood clots:
- To prevent the development of a blood clot, you will be given TED hose stockings.
- You should wear these for the first few days after surgery or until you are up walking around normally.
- If you have additional risk factors for developing a clot, you may be asked to take blood thinners such as aspirin, Lovenox and Xarelto.

www.AndreasSauerbreyMD.com
You can expect the following:
- Increased pain on the 2\textsuperscript{nd} day
- Throbbing pain after keeping the hand dependent
- Sometimes bruising on the forearm

Call the doctor if any of the following are present:
- Increased swelling or numbness
- Unrelenting pain
- Fever or chills
- Bleeding through the ACE wrap
- Difficulty breathing
- Inability to urinate
- Excessive nausea or vomiting

If you have any questions or concerns, please do not hesitate to call us at 970-879-6663.