



ORANGE COUNTY ORTHOPAEDIC GROUP

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Orthopaedic Surgery · Sports Medicine · Arthroscopy

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POST-OPERATIVE INSTRUCTIONS AFTER DISTAL RADIUS ORIF

1. Keep splint clean and dry at all times until follow-up visit
2. Elevate affected arm as often as possible
3. Do not use arm or lift any weight on affected side
4. Take pain medications as prescribed
5. Move fingers and thumb a little within your splint to prevent stiffness
6. Formal physical therapy may begin shortly after your first follow-up visit
7. Make an appointment for follow-up visit approximately 2 weeks
8. Call doctor if you develop a fever, drainage, increasing redness and warmth in the hand, swelling and pain in the hand, or have any other questions or concerns.
9. See you soon!