

Damian M. Andrisani, M.D.
Bradley C. Bley, D.O.
Steven M. Dellose, M.D.
Matthew D. Eichenbaum, M.D.
Mark S. Eskander, M.D.
Brian J. Galinat, M.D.
Andrew J. Gelman, D.O.
Paul C. Kupcha, M.D.
Joseph J. Mesa, M.D.



DELAWARE ORTHOPAEDIC SPECIALISTS

Douglas A. Palma, M.D.
J. Douglas Patterson, M.D.
Katherine M. Perscky, D.P.M.
Michael J. Principe, D.O.
Nicholas F. Quercetti, D.O.
James J. Rubano, M.D.
David K. Solacoff, M.D.
Peter F. Townsend, M.D.
Matthew K. Voltz, D.O.

Discharge Instructions

Wrist Fractures / Distal Radius Fractures

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Use sling as needed for pain. **DO NOT** do any lifting, carrying, pushing or pulling with injured arm until follow up appointment.
- 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.
- Splint:** **DO NOT REMOVE SPLINT** placed on wrist after surgery until returning for your post-operative follow up appointment. Keep splint clean and dry until follow up visit.
- Showering:** You may shower on 1st day after surgery. Place the splint in a bag and use tape to keep dry while bathing.
- Sutures:** Your sutures or staples will be removed at your follow-up visit.