

## **Post-Operative Instructions for Upper Extremity Fracture Repair**

**Diagnosis:** Fracture of upper extremity

**Activity:**

- On Post Operative Day #1 Patient may begin range of motion exercises to exposed fingers (Full Flexion & Full Extension for 15 minutes, 5 times a day).

**Dressings:**

- Dressings and splint are not to be removed for any reason until follow-up appointment in 10-14 days!
- Wear sling at all times except for hygiene purposes.
- Ice and elevate extremity if pain and swelling occur.
- Keep wound Clean & Dry, Do Not Submerge in Water.
- Observe for any signs of infection, and report it immediately to our office!

**Medications:**

- Resume home medications as listed on Home Medication Form.
- Pain medication will be prescribed at discharge.

**Follow-Up:**

- 10-14 day follow up appointment will be given at discharge.

Please call the office with any questions or concerns.

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