



## **Discharge Instructions for Pediatric Wrist / Forearm Fracture Surgery**

### **Wound Care:**

- Keep dressing/splint on until your first postoperative appointment. The splint is not removable it serves the purpose of protecting the fracture that has just been repaired.
- It is very important to keep the splint dry. If it becomes wet, it will soften and water is trapped against the skin/incision. If this happens, call the office immediately.
- While showering place a large plastic bag over the arm and securely tape just below the shoulder. Keeping the hand elevated during the shower will prevent the bandages from getting wet.
- Do not submerge in water until at least 6-8 weeks after surgery.
- If sutures were placed, they will be removed during your second post-operative appointment (14 days after surgery)

### **Activity:**

- Use sling for comfort
- Elevate the operative arm above your heart, fingers pointing up, continuously for 72 hours to help decrease post-operative swelling.
- To prevent swelling and stiffness make a fist and fully straighten the fingers out 10 times an hour while awake.
- Avoid pushing / pulling / or lifting anything heavier than a pencil.

### **Medications:**

- If your child was taking prescription medications prior to surgery, please resume all medications in addition to the medication prescribed for post-operative pain. If you have questions regarding those medications that you were on prior to surgery, please contact your pediatrician.
- Take pain medications as needed. Please confirm correct dosing with pharmacist and make sure the acetaminophen recommended daily maximum dose is followed to prevent liver damage.
- If you feel the narcotic pain medication is too strong, you may use acetaminophen instead. Avoid taking ibuprofen since it has been shown to delay bone healing.

### **Ice:**

- Use ice pack for first week.
- Apply ice 20 minutes every 4-6 hours.
- Ice or cold pack should never be applied directly on the skin as this may cause skin injury. A cloth or towel should always be used as a barrier to protect the skin.

### **Diet:**

- Resume a normal diet.
- If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast, and yogurt.
- Drink plenty of fluids.
- Often the pain medication causes constipation, if this occurs you may try an over the counter pediatric laxative / stool softener or take a fiber supplement every day.



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**Follow-up Appointments:**

- Your first post-operative appointment will be in 10-14 days.
- If you do not have these appointments set up, please call the appointment line
- If there is an emergency and you are unable to reach anyone in the office, please go straight to the emergency room.

**When to call for help:**

**Call 911** anytime you think you may need emergency care. For example, call if:

You pass out (lose consciousness).

You have severe trouble breathing.

You have sudden chest pain and shortness of breath, or you cough up blood.

You have severe nausea or vomiting.

**Call the office** if:

You have pain that does not go away after you take pain pills.

You have a fever over 100.4°F.

You have loose stitches, or your incision comes open.

Your incision keeps bleeding 3 days after your surgery.

You have signs of infection, such as redness around incision or pus draining from your incision.