



Florida Bone & Joint
SPECIALISTS



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POST OP INSTRUCTIONS – FRACTURES

- **Keep hand and arm elevated most of the time.**
- Keep the splint on. It is important to keep it clean and dry. Use a bag over it when showering or while taking a bath.
- Most likely, at least some of your fingers will be free. You should move them, even if you use the other hand to move the fingers slowly to prevent them from becoming stiff.
- **Don't lift anything with the affected hand.**
- **If you think the bandage or splint is too tight, it probably is.** Please call us. It is OK to have someone help you unwrap the ace and rewrap it. The plaster splint underneath can also get dislodged. Remember, you were feeling nothing when it was put on, therefore there may be some pressure points that irritate the skin. If you think there is a problem, please call us so we can get you in to change the splint.
- **Call us to be evaluated for any redness, increased heat or anything that looks like an infection.**
- **An increase in pain days out from surgery usually means you are doing too much with the arm.** If it continues despite rest, please call.
- **If you see a lot of swelling:** please get the hand elevated and slow your activities down. If the swelling persists after elevation, please check the bandage and give us a call.

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