



Michael Pensak, M.D.

**530 Lakehurst Rd, Suite 101
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**2 Hospital Plaza, Suite 310
Old Bridge, NJ 08857
732-349-8454**

Post-Operative Instructions

Closed Reduction of Wrist/Forearm Fracture

Bandages & Ace Wrap:

Your splint has several layers you need to understand in order to properly care for your hand, wrist and forearm during the 2 weeks following your procedure. The deep layers of your dressing contain 4x8in gauze that is loosely wrapped with soft cotton cast padding. Next, several layers of plaster are laid down which keeps your wrist rigidly immobilized to allow the bones to heal in their proper alignment. The outermost visible layer is either Bias wrap or an Ace bandage.

Washing & Bathing:

You should keep the splint clean and dry until I see you in the office. A watertight plastic bag with rubber bands around the opening work well while showering. However, some find it easier to take a bath and rest the operated hand outside of the tub.

Motion, Ice & Elevation:

It is extremely important that swelling is minimized so that your hand and wrist do not get stiff. To help prevent swelling it is important to frequently apply ice and keep your hand elevated above your heart level for the first 48 hours after surgery. An ice pack from a store or cubes from your freezer placed in a zip lock bag work well. These should always be wrapped in a small towel like a washcloth and then applied to the dressing, 10 minutes on the front and 10 minutes on the back. This should be done roughly once an hour while awake. Never leave the ice on for more than 20 minutes and if the cold sensation becomes painful remove it immediately.

Of utmost importance is that you wiggle your fingers by gently pumping your fist open and closed for about a minute or two every hour while awake. This helps keep your finger tendons and joints supple and minimizes scarring around your nerves. Additionally, this promotes circulation through your extremity which further diminishes swelling. I will notify you when it is safe to start lifting up objects with your operated extremity but this won't be for several weeks following your surgery in most instances.

Follow up appointment:

We try to give all of our patients a follow-up office visit at the time we schedule your surgery. I will usually see you 1 week after surgery to check your fracture alignment with new radiographs.

Follow up appointment: _____



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What to watch out for:

- Worsening pain despite taking pain medication
- Numbness or tingling that continues to get worse
- Pain with wiggling your fingers
- Unable to keep food or water down for more than one day

Who to call for questions or problems:

If you are having problems or there are questions you need answered then please call our office at 732-349-8454 and our staff will assist you. Our hours of operation for our phone room are as follows: Monday through Thursday 8:30am- 4:30pm and Friday 8:00am – 4:00pm.

We realize that after surgery some problems or questions are urgent and cannot wait until normal working hours. Under these circumstances we have a service that will get the message to a doctor on call for our office by calling the main number 732-349-8454.

*****If an emergency were to occur please go to the nearest ER for immediate attention.**

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