

HAND FRACTURE

PAIN CONTROL & ANTIBIOTICS

Keep your hand elevated above your heart for the next two days. This will help reduce swelling and pain. If the dressing feels too tight, hold your hand above your head for 15 minutes. If it still feels too tight, unwrap the bandage and hold above your head for a further 15 minutes. If even then it feels too tight, call our office or go to the nearest emergency department.

The freezing will wear off in approximately 2-6 hours. Take pain killers as needed. Extra-strength Tylenol or ibuprofen covers most people's pain. If necessary, use the prescription painkillers as directed.

DRESSING CARE

Keep your dressing clean and dry. DO NOT REMOVE IT. DO NOT GET IT WET. To shower, place a bag over your dressing and secure it so no water enters the bag. A large rubber glove might also work. Keep your hand elevated while in the shower.

Start exercising the fingers that aren't in the dressing as soon as possible to prevent secondary stiffness.

FOLLOW-UP & RECOVERY

Call the office at 604-589-6021 today or tomorrow to make an appointment for 10-14 days from now.

If you notice an increase in swelling, redness, discharge, or pain greater than what you would expect, please contact my office or your family doctor, or go to the nearest to emergency department.

Your stitches will be removed at your next visit if not dissolvable. You can do light activity as soon as comfortable after surgery but avoid heavy lifting or pushing

Typically, pins are removed after 3-6 weeks. This is done in the clinic and DOES NOT hurt. You will be in a cast/splint until the pins are out. Plates and screws typically stay in unless there is a specific problem (e.g. infection). Sometimes further splinting and/or physiotherapy is required. Final strength and motion recovery can take a few months.

You CAN NOT drive with a cast on. Your insurance may not cover you.



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