

Dr. Jothi Murali-Larson
SMART Orthopaedic Surgery
Distal radius ORIF (open reduction internal fixation)
Postop Instructions

Dressing:

Keep your splint clean and dry until your postop appointment. For showers, use a waterproof bag. Or, take baths to ensure your splint stays dry.

Activity:

You should regularly wiggle your fingers. Keep your arm elevated as much as possible.

Swelling:

Swelling of the fingers is quite normal and will persist for several weeks after surgery.

Ice:

Place ice on top of your wrist or rest your wrist on top of ice at least 3 times per day for 20-30 minutes. Ice helps with pain and swelling.

Pain medication:

You will get further details about the nerve block you had in your shoulder and your pain medication. Make sure to take your pain medication regularly for the first few days to try to keep the pain under control.

Postoperative appointment:

You should have an appointment scheduled with Dr. Murali in 7-10 days. You will be called by both the surgery center and the office on the day following surgery (or Monday if your surgery is on a Friday) to see how you are doing and if you have questions. Your postop appointment will be confirmed at that time as well.

Questions/concerns?

Please call the office at 408 364 1673.