



Complex Distal Radius Fracture

Post-Operative Guidelines

- Begin active range of motion of your fingers immediately; remember to elevate and use ice to control swelling
- Your splint/dressing should remain on until your first postoperative visit which will be 8-14 days after surgery and will be on your discharge paperwork
- Your splint and sutures will be removed at your first postoperative visit, and you will be placed in a cast for 5-6 weeks
- After your cast is removed, you will be placed in a removable wrist splint and we will order hand therapy for motion
- Hand therapy for aggressive motion and grip strengthening will typically begin at 8 weeks from surgery after you are cleared by your surgeon



Please remember these outlines are *guidelines* only: Your care may differ from the typical outlines provided. Please talk to your surgeon or your surgeon's nurse or medical assistant if you have any questions about your post-operative care.

If you have any questions, please call our office at 314-514-3500

Orthopedics

