



VALLEY
BONE & JOINT
SPECIALISTS

Post Operative Instructions
Closed or Open Reduction Hand or Wrist
With or without Hardware

Ice and elevate frequently for pain and swelling

You may resume any regular home medications unless otherwise instructed

You can expect some slight drainage from your incisions, if one was made

Take your pain medication as prescribed

You may also take Advil/ Ibuprofen/ Motrin as directed for additional discomfort unless otherwise instructed

Call and make an appointment for cast check or suture removal, and check up in 7-10 days if not already done

Have X-Ray taken prior to your appointment and bring it in with you to your office visit

You may resume your regular diet

Maintain your cast/splint/ or dressing clean and dry, do not wet it

Please make sure you have adequate pain medication. Prescriptions are not refilled over the weekend.

Any problems call the office at (480) 969-3531, or seek assistance at the nearest emergency room