



**Dr. Joshua Alpert  
Post-Operative Surgery Instructions:  
Wrist Fracture Surgery**

**Immediately After Surgery in the Recovery Room:**

- After surgery you will be taken to the recovery room, where your family can meet you. You will have a splint and ace wrap on your operative side. The splint should stay on until the first post op visit.
- It is encouraged that you move your elbow and fingers as much as possible to increase circulation. If you have had a nerve block, that may not be possible on the recovering extremity for up to 24 hours.
- If a nerve block was used, its purpose is to decrease pain and will wear off after surgery anywhere between 6-24 hours. This can vary significantly by individual.
- You will receive a prescription for pain medication for your return home. We recommend taking the first dose immediately when getting home, then as needed.

**After Surgery at Home:**

- The splint and ace wrap should stay on until the first post op visit. Keep this dressing clean and dry. You can cover it in a plastic bag to shower.
- We encourage you to move your fingers, ice, and elevate the hand as much as possible to promote circulation, decrease swelling, and allow healing.
- Use ice as necessary for 3-7 days. Ice helps reduce pain, swelling, and inflammation. When you notice it is no longer offering any benefit, feel free to stop using it.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.

- Physical therapy recommendations will be made during your first office visit after surgery.

### **First Post-Op Office Visit:**

- Please arrange to see Dr. Alpert or PA Alyssa in the office 3-10 days after surgery.
- Physical therapy recommendations will be made at your first postoperative visit. An initial prescription is usually 2-3 times a week for 6 weeks. The total amount of physical therapy you may need can last up to 3-4 months.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Alyssa (PA) or Nikki (secretary).

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