

Patient Name:

Post-Op Appt:



**Dr. Adam Jester's Postoperative Instructions
Radius/ Ulna ORIF**

Post-Operative Instructions:

- NO lifting or carrying with the operative arm.
- Elevate (fingers to the ceiling) and ice (over the splint/dressing) at least 4x/ day.
- DO NOT remove the splint/dressing. Keep the dressing clean and dry. It will be removed in office at your next visit.

Home Exercises:

- Begin finger range of motion exercises the day after surgery. Perform exercises as much as possible. See back of paper for examples.

Pain Control Protocol:

- Medications, if indicated, will be electronically sent to your pharmacy on file. Narcotic medications should be used as needed.
- We recommend alternating over-the-counter Ibuprofen 600mg when pain is not as severe as long as you are medically able to take these medications.

**For any questions or concerns call:
(813) 684-2663 ext. 304**

Finger Range of Motion Exercises:

****Dr. Jester expects you to be able to make a full fist and fully extend the fingers by post-operative appointment****

