

### **Distal radius open reduction internal fixation with volar radial plate**

- Encourage range of motion and movement to the elbow and fingers of the affected extremity.
- Range of motion to begin immediately to the elbow and fingers. Most likely range of motion of the wrist will begin at your 2-week postop.
- No heavy lifting greater than cell phone or coffee cup.
- You will be placed into a postoperative splint either removable (closed with Velcro straps) or nonremovable splint (covered with Ace bandage).
  - Removable wrist brace can be taken off for hygiene purposes of showering and hand hygiene and then placed back on immediately. There will be a waterproof dressing in place that will be taken off at the 2-week postop visit.
  - If nonremovable splint the splint will need to be covered with bag to be kept dry during showering. Do not remove this splint. If concerned about splint being too tight please call the office with any questions or concerns
- Depending on the suture use you may or may not have sutures removed at the 2-week postop visit.
- Do NOT put any alcohol, peroxide, Neosporin, Aquaphor, or any other ointments onto the incisional sites.

### **Narcotic policy:**

1. Pain medications will be supplied for perioperative care from time of surgery and will be determined by provider but will not exceed to 3 months.
2. Unless you are already a patient to an existing pain management contract, we require that you not receive any additional pain medications from any other providers. If you are in a pain contract you must reach out to the pain management doctor when planning surgical procedure.
3. Must receive prescriptions from only 1 pharmacy.
4. Understand that prescriptions lost, stolen, accidentally disposed of or consumed before the appropriate date of refill will not be refilled.
5. We will not refill narcotic drugs after hours or on the weekend. No exceptions. Refill request will be processed Monday through Thursday 8 AM to 4 PM and Friday 8 AM to 2 PM.
6. Prescription refill request must be submitted either via phone or MyChart to your provider's office. Refills may take up to 40 hours to be filled.