



**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. Please note that common side effects of the pain medication are nausea and constipation. Any over the counter stool softener will work for constipation. If you have intolerable nausea, please call our office to discuss further.

**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 PAs Christina or Joe 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 Christina (PA), Joe (PA) or Nikki (secretary).

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