

Dr. Ball Distal Radius ORIF

What to Expect/Activity

- It is normal to have some discomfort in your forearm for several days.
- You are non-weight bearing to your operative arm. Finger range of motion is recommended to prevent stiffness.
- For the first 2-3 days, use ice around the forearm/wrist to help reduce pain and swelling. Use for 20-30 minutes every 1-2 hours for 48 hours, while awake.
- Elevate your arm with your wrist above your elbow, resting your wrist on a pillow.

Dressing/Wound Care/Bathing

- Leave your splint in place until follow up.
- Do not stick anything down your splint to itch. Benadryl and ice can help alleviate itching.
- When showering or bathing, please wrap the splint in either a cast bag or trash bag secured to prevent the splint from getting wet. Call the office if splint gets wet or dirty.
- Do not drive until instructed by Dr. Ball.

Pain Management/Medications

- You may resume your usual medications.
- You have been provided a prescription for narcotic pain medication. This is to be used only as needed for breakthrough pain that is not controlled with over-the-counter pain medication.
- Please take the following medications:
 - Tylenol/acetaminophen – according to bottle instructions; alternate with Ibuprofen (Advil, Motrin) or other NSAID– according to bottle instructions
 - 72 hours of antibiotic (Cephalexin 500mg every 6 hours for 4 doses) unless otherwise directed.
- While taking your narcotic medication, an over-the-counter stool softener may be helpful to prevent constipation. Please consider taking Peri-Colace twice daily while taking this medication.

Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you may not fully remember or fully understand what was said. This will be discussed again when you return for your post-op appointment.
- Please contact Dr. Ball's office if you experience the following:
 - Excessive bleeding (bleeding through your dressing)
 - Fever greater than 101 degrees F
 - Persistent nausea or vomiting

- Decreased sensation or discoloration of the operative limb
- Pain or swelling that is getting worse and not better with medication

Dr. Ball's Office Contact:

- Locations and Contact:
 - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
 - (248)-239-5300
- More Information about your surgery available at my website
 - www.drguyball.com