



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC
PARK CITY • HEBER CITY • SALT LAKE CITY

Post-op Instructions: s/p Elbow fracture, Forearm fracture, Wrist fracture surgery

1. Following surgery, your child has been placed in a splint. Please leave the splint in place; do not remove it or get the arm wet.
 - a. There are often pins under the splint; the pin sites can become infected if they get wet in a shower/bath/pool. (** This can lead to prolonged recovery, and possibly more surgery).
 - b. A surgical incision may also be present. We use dissolvable stitches, and these need to stay dry and protected.
2. The splint stays on for 1-2 weeks after surgery, at which time a hard cast is applied. If there is an incision, or remaining pins, the arm still CANNOT get wet while in the cast. Keep it clean and dry, and avoid sand, mud, wood chips.
 - a. NOTHING should be placed into the cast, especially if there is itching.
 - b. Tap the cast with a spoon if itching occurs, or use a blow dryer on low heat to move air thru the cast.
 - c. Benadryl can also help with itching
3. When the splint is in place, use the sling that was provided.
 - a. If your child is <2-3 years old, they will not fit into a sling. Instead, let their arm stay under the shirt, against their belly, which stops them from climbing or using the arm too much.
 - b. Once a cast is applied, usually your child will not need (or want) their sling any longer.
4. There is usually another post-op visit at 4-6 weeks following surgery, at which time x-rays are taken, the cast is removed, and activities start to resume.
5. RICE therapy is always advocated:
 - a. Rest
 - b. Ice – every 20 min or so
 - c. Compression – to decrease swelling.
 - d. Elevate – if possible, above or at the level of your heart
6. Pain control:
 - a. Ibuprofen is recommended to be taken every 6 hours, and Tylenol every 4 hours, unless there is a specific reason these medications cannot be used.
 - b. Narcotics, including oxycodone, are only taken if needed. Please schedule the Ibuprofen and Tylenol for the first few days following surgery, as this will lessen any narcotic medicine that is needed.