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## POST-OPERATIVE INSTRUCTIONS

### **Revision ORIF of Ulnar Shaft Fracture Non-Union**

#### Activity

- Rest the first few days following surgery. When sitting or lying down be sure to keep your arm elevated above the level of your heart to help decrease swelling.
- **Ice** can be used as much as possible for the first 3-4 weeks to help decrease swelling. Ice should be used frequently for 20 minutes at a time.
- Wiggle your fingers regularly. Open and close your fist to maintain flexibility and motion. You may use your opposite hand to assist in these exercises.
- Please avoid high force/resistance grasping using your operative hand. Avoid lifting objects heavier than one pound for one month following surgery.
- Driving is not recommended when taking narcotic pain medication.
- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by Dr. Montgomery.

#### Dressings

- A large bulky splint has been placed on your elbow/wrist and is designed to feel “snug”.
- **This splint is to be left in place for the first 10-14 days** and will be changed at your first post-operative visit
- The post-operative sling that you were given at the time of surgery is to be used for comfort and does not have to be worn at all times.
- Keep your dressing clean and dry until your first follow-up visit. If you wish to shower, plastic bags, saran wrap, and waterproof dressings can all be used to keep the area dry. **DO NOT SOAK** your knee in a bath tub.

#### Medication

- You have been prescribed one of the following **pain medications**:
  - Oxycodone – Please take 1 tabs every 4-6 hours as needed for pain.
  - Ultram - Please take 1 tabs every 6 hours as needed for breakthrough pain.
- Post-operative pain tends to be the most pronounced the first 2-3 days following surgery. Once the pain allows you to do so, transition to over the counter pain

medications such as Tylenol as they have significantly less side-effects compared to narcotic pain medication.

- Try to avoid anti-inflammatory medication (eg. Advil, Aleve) for the first few weeks following surgery as certain studies have shown them to adversely affect healing.
- You may also have been given a prescription for Zofran, an anti-nausea medication. Please take this medication as needed for nausea
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

#### Physical Therapy

- The need for therapy will be determined by Dr. Montgomery and discussed further at your first post-operative visit

#### Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment 10-14 days after your surgery.
- You will be seen by Dr. Montgomery or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- Sutures will also be removed at that time.
- Call the office immediately if you develop a fever ( $>101.5$ ), chills, excessive incision drainage, calf pain, or increased numbness in leg.
- If you have any questions or concerns please feel free to call the office.