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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

## **Post-Op Upper Extremity Fracture Care**

**Nausea and Vomiting:** Certain anesthetics and pain medications may cause nausea. If you experience this issue, contact our office.

**Pain Management:** You may initially have minimal pain due to local anesthetics, but it will increase in 4-8 hours (8-10 hours if you had a femoral block). Pain medication will be e-prescribed to your pharmacy before your surgery date. Take it as needed. Transition to OTC NSAIDs or Tylenol when possible.

**Dressing:** Only remove your dressing if your doctor instructs or get it wet. Observe for signs of excessive bleeding and contact the office immediately if you notice a significant amount of blood.

**Swelling Management:** Elevate the operative extremity on several pillows as often as possible. Move fingers and hand to help with swelling (open/close, stress ball, putty). Swelling of the fingers IS NORMAL.

**Icing:** Apply ice to the operative site for 20 minutes every hour for relief.

### **Contact Your Physician if:**

- Temperature exceeds 101.5 degrees, or severe chills occur.
- Severe pain persists despite prescribed medications.
- You experience numbness, redness, or tingling in the operative extremity.
- The operative extremity has excessive swelling, paleness, or coldness compared to the other side.

**Follow-Up:** Expect a call from our staff the day after surgery to check on your progress and address any questions.

**Additional Tips:** If taking pain medication, drink plenty of water and use fiber to prevent constipation.

**Follow-Up Appointment:** Remember to keep your post-operative appointment at Coastal Orthopedics.

**Call our office staff at (361) 994-1166 for any questions or concerns.**