

MADSEN

Orthopedics

DISITAL RADIUS FRACTURE / WRIST FRACTURE POST-OP INSTRUCTIONS

It is okay to remove the splint to do gentle range of motion exercise.

Always wear the splint when you are not doing exercise or showering.

Elevate your hand above your heart if you experience any swelling. Loosen the bandage and splint if elevating your hand is not relieving the swelling.

Take Calcium 500mg and 400 3x daily with food.