



**Rahul Banerjee, MD**  
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## **DISTAL RADIUS (WRIST) FRACTURE POST-OPERATIVE INSTRUCTIONS**

### Weight-Bearing and Activity

1. Please do not bear any weight on the operated arm until you first follow-up visit.
2. Please avoid lifting anything heavier than 5 pounds with your arm.
3. Please use your hand and wrist to perform light daily activities.

### Surgical Dressing (Bandages) and Wound Care

1. The surgical dressing (bandages) consist of an Ace Wrap and gauze. Please remove the bandages on the second day after surgery.
2. PLEASE NOTE: It is normal for there to be some blood or drainage on the gauze bandages.
3. Depending on how your skin was closed, you may see staples, stitches, or small bandaids (Steri-strips) below the gauze.
4. After you have removed the bandage, please re-cover it using either clean gauze and tape or clean gauze and ace wrap.
5. Please do not apply any ointments or lotions on or around the surgical incision.

### Brace

1. You may wear your wrist brace as needed for comfort.
2. The brace does not have to be worn at all times

### Showering/Bathing

1. Please keep the surgical area dry until your follow-up appointment.
2. When showering or bathing, please cover the surgical site with plastic. You may either use a plastic bag and tape or a commercially available wound protector.

### Follow-up Appointment

Please call the office at 877-314-8990 to arrange or confirm your post-operative appointment.

Please call the office if you are experiencing any of the following:

- Excessive drainage from your surgical incision
- Fever
- Increased redness of your skin surrounding the incision
- Pain that cannot be controlled with your pain medications

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