



What To Expect After Your Fracture Repair

Thank you for choosing our practice for the care of your hand fracture. We strive to make this experience as easy and comfortable for you as possible. Please consider the following points as you prepare for and recover from your surgery.

1. Your hand will be in a plaster splint, gauze wrap when you wake up from surgery. It is very important that you do not remove this splint. At your first occupational therapy appointment, these dressings will be removed.
2. Please keep your bandages clean and dry. You may cover it with a plastic bag when you shower.
3. Keep your hand elevated above the level of your heart. It is best to be in the “question-asking position”, with your forearm vertical, and your elbow at the level of your shoulder. The easiest way to achieve this is to use the foam pillow you were sent home with. However, be sure to remove the pillow periodically and move your shoulder and elbow through their full range of motion to prevent stiffness.
4. Because infection is extremely rare, Dr. Sharma does not routinely prescribe an antibiotic following outpatient hand procedures. Signs of infection include but are not limited to: fever or chills, worsening pain or swelling, redness spreading past the incision site, new drainage from the incision site. If you fear you may have an infection, please call the office at 512-324-8320. If it's after business hours, you can page the doctor on call at MedLink (512-323-5465).
5. A prescription for Norco (acetaminophen with hydrocodone) or Percocet (acetaminophen with oxycodone) may be prescribed for you. You may or may not choose to take this, as some patients feel plain acetaminophen (Tylenol) and/or ibuprofen (Advil or Motrin) are enough. Please remember Norco and Percocet contain acetaminophen (as do many over-the-counter medicines, such as cold medicine) so DO NOT take additional acetaminophen if you are still taking the narcotic pain medication. It is safe to take the narcotics and ibuprofen concurrently in an alternating fashion to provide better pain relief. Also, please remember that it is *dangerous and illegal* to drive or operate heavy machinery while taking narcotic pain medication.
6. Your first follow-up appointment will be in about 1-2 weeks with either the physician assistants or the occupational therapist. As mentioned before, your post-op bandages will be removed and, in most cases, a new splint will be made for you. Any sutures will be removed at 2 weeks post-op.



PLASTIC SURGERY AUSTIN
Sanjay K. Sharma, M.D., F.A.C.S.

7. If pins were required for your fracture repair, they will typically be removed in the office after 4-6 weeks. You will receive further information regarding pin site care.
8. Again, please do not hesitate to call Dr. Sharma's office if you have any needs, questions or concerns at 512-324-8320!