

Patient and Family Education

Distal Radius Fracture- Conservative Management

Dear Patient,

The following instructions contain general information and advice regarding your condition. The guide contains information on how to manage your condition. However, the instructions may not be exhaustive. You may receive different and/or additional instructions from your doctor. You are advised to follow any specific written or oral instructions given to you by your doctor or care team. If in doubt, please seek clarification.

What is the recovery process if no surgery needed?

- You will be reviewed by specialist doctor at outpatient clinic as scheduled.
- You will be put on cast or splint for approximately 6 weeks, or depending on your condition and doctor's order. You should not remove the cast/splint on your own unless otherwise instructed by your doctor.
- You will start rehabilitation process with Hand Occupational Therapist.
- Doctor will review you on scheduled interval; they will monitor the fracture healing with Radiograph on each visit.

Care of cast /splint

- Keep the cast/ splint above the level of your heart to reduce swelling.
- Gently move your fingers frequently to prevent stiffness.
- Take pain medicine regularly to achieve adequate pain management.
- Keep the cast/splint dry and clean, protect it when you bathe.
- Do not place any objects inside the cast, which can injure the skin and lead to infection.
- Do not remove the cast/splint on your own unless otherwise instructed by your doctor/Hand Occupational Therapist.
- If you are wearing a splint, you should follow the instructions given by Hand occupational therapist.
- Come back to Hand Occupational Therapist for adjustment if the splint become loose or tight.

When and how to seek further treatment

Seek urgent medical consultation with your doctor at the Department of Emergency Medicine of Singapore General Hospital if any one of the following conditions occurs:

- Fever of 38°C and above.
- If there are sore areas or a foul odor from the cast, cracks or breaks in the cast, or the cast feels too tight or too loose.
- If there is increased swelling that causes pain or not able to move your fingers.
- If there is tingling or numbness in the arm or fingers.
- Your fingers turn cold or bluish in color.
- The cast becomes wet or dirty.
- Any other abnormal and / or prolonged symptoms which cause concern

Follow - Up Appointment

- Keep your appointment(s) as scheduled, reschedule your appointment as soon as possible if you missed your appointment
- Report to Specialist Outpatient Clinic on your appointment date and time.

For any change of appointments(s) in Singapore General Hospital Outpatient clinic, you can [make or change appointment here](#). You can also download SingHealth Health Buddy Application or call the Singapore General Hospital appointment hotline at (65) 6321 4377 OR email to appointments@sgh.com.sg.