

## Patient and Family Education

### Distal Radius Fracture- Surgery

*Dear Patient,*

*The following instructions contain general information and advice regarding your condition. The guide contains information on how to prepare for your surgery. 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.*

#### **Before Surgery**

- Surgery options will be discussed by your surgeon.
- Most surgeries are usually done as day surgery procedure. Patients with severe or extensive injuries will be required to stay in the hospital for a few days.

#### **Prepare for surgery**

- Blood test and other diagnostic exams are done to make sure you are safe for surgery and anesthesia.
- You will be reviewed by an anesthetist before surgery to discuss the process for anesthesia and surgery.
- You should follow the anesthetist's instructions regarding fasting and preoperative preparation.
- Please inform the doctor if you are on long term medications, such as blood thinners.

#### **Care after surgery**

##### Wound care

- Keep the dressing dry and clean, protect it with a waterproof cover during shower.
- Do not open the dressing on your own.
- Keep to your appointment for dressing change and removal of stitches.
- Look out for signs and symptoms of wound infection, e.g. fever more than 38 °C, redness, increasing pain or foul smelling discharge from the wound.

##### Swelling management

- Keep the operated hand above the level of your heart to reduce swelling.
- Gently move your fingers frequently to prevent stiffness.

##### Pain management

- Take pain medicine regularly to achieve adequate pain management.
- Avoid carrying heavy objects with the operated hand unless your surgeon has instructed otherwise.

##### Rehabilitation

You will be reviewed by Hand Occupational Therapist for exercise at scheduled interval.

#### **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
- Severe pain on the operated site not relieved by prescribed medication
- Your operated hand is cold, blue or numb
- Redness, swelling, odour and discharge (blood, fluid or pus) from the wound
- 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](mailto:appointments@sgh.com.sg).