

# After Your Fracture Pinning Surgery

## Dr. Paul Nielsen

### Dressings and Wound Care

- After surgery you will have a bulky splint on your arm to hold it in a good position and protect the pins
- Leave the splint in place until follow up
  - You must cover the splint for showering to keep it dry
- Call our office at 308-865-2570 if something happens to your splint

### Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication to control your pain after surgery
  - If you had a nerve block or numbing medicine, start taking the pain medication as soon as you start getting feeling back after the surgery to avoid rebound pain
  - You are allowed to drive when you are not taking prescription pain medication

### Activity

- You are encouraged to move exposed fingers and joints immediately after surgery
- Elevate your hand above your elbow and heart for the first few days after surgery
- Do not lift anything with your arm until after your first post-operative appointment unless instructed otherwise

### Follow-Up Care

- You will have an appointment in clinic 5-7 days after surgery to get a cast or splint
- Pins are typically removed 4-6 weeks after surgery
  - This is usually done in clinic with pins that stick out through the skin

### Results

- Soreness and stiffness often persists several months after surgery
- Most patients regain good range of motion after surgery
  - There is typically less scarring with pinning instead of an open surgery