



IMPROVING HEALTH

Post-Operative Care: Metacarpal Fracture Open Reduction Internal Fixation (ORIF)

Wound Care

- Suture removal at 2 to 3 weeks.
- When sutures are removed, you are now able to get your hand wet in the shower, handwashing, use mild soap, and use hand sanitizer.
- No soaking in contaminated water such as dirty dish water, pools, hot tubs, baths, and lakes until surgical site is fully healed (2 to 3 weeks after sutures are removed).
- Cover with bandage if you are going to be in dirty environment. Otherwise, open to air.

Limitations

- The first two weeks there is no use of the hand that was operated on. Leave postoperative splint and dressing on until postop visit with clinic provider or therapy.
- Week 2 to 6 postoperatively, the weight limit is no more than 1 pound with occasional pinch and grip. Brace received from us at the first post-op appointment will be on at all times, day and night. Can remove for daily therapy exercises and personal hygiene.
- Week 6 to 10 post operatively, weight limit of 5 pounds with occasional pinch and grip. This is where you can start to slowly wean back into normal activity.
- Week 10 and beyond, there are no limitations. Remember, you will be sore and stiff with some activities as you wean back into them.

Surgical Expectations

- You will be sore and stiff over the surgical site for up to three months, especially with direct pressure.
- Soreness, swelling, and stiffness will fluctuate the first 3 to 4 months as you wean back into normal activity, this is normal.
- Strength and flexibility in the hand will also take time to return, be patient.
- Total recovery time can range anywhere from 6-12 weeks depending on bone healing, range of motion, and progress in therapy.

Therapy

- You will attend therapy 2 to 3 times a week. This will last anywhere from 8 to 12 weeks depending on how your recovery is going.
- Complete therapy exercises at home at least once a day for 12 weeks focusing on range of motion, scar massage, and strengthening.
- Therapy may be adjusted depending on your course of recovery to provide you with optimal results.
- Therapy is key to a successful recovery.

Brace

- The first two weeks you will be in a postoperative splint and dressing. Please leave this on until first postop visit.
- Week 2 to 6, you'll be in a brace (possibly a cast) that we provide you at the first post operative visit. You must keep it on at all times(day and night). You can remove for daily therapy exercises and personal hygiene.
- Week 6 to 10, you will start weaning out of your brace. You can use your brace for more strenuous activities, off less strenuous activities. Keep in mind the weight limit.
- By week 10, you should be completely weaned out of your brace.

- Anytime you have a question.

When to Call
605.217.2667

- Decreased range of motion.

- Increased pain, redness, drainage, or numbness/tingling.