

Distal Radius Fracture



What is a distal radius fracture?

You have broken your wrist where the forearm connects to the hand.

How do you treat a broken wrist?

Depending on how much the bone is displaced, you may or may not need surgery for the wrist. An X-ray will be able to determine the fracture pattern. Sometimes a CT scan will be needed to see better bony detail.

Non-Surgical Options

- Cast or splint

Surgery

- Open reduction internal fixation (aka plate and screws)
- You will have a small incision on the front of your wrist. Metal plates and screws are placed on the wrist bone to bring the bones back to where they belong.
- Most incisions will be closed with dissolvable sutures and sealed with DermaBond glue so there are no stitches or staples to take out

Things to Consider

- Damage to the cartilage is done at the time of injury. This puts you at increased risk of developing arthritis of the wrist later.
- You will lose some range of motion of the wrist (with or without surgery)
- Broken bones take 3 months to heal
- Ice and elevate the wrist above the level of the heart as much as possible
- Wiggle your fingers and squeeze a tight fist as much as possible to help swelling

Julia Lee MD

1630 E. Herndon Ave. Fresno, CA 93720
559-290-7052 | 559-365-6805 (direct line)