

POST-OPERATIVE INSTRUCTIONS: LOWER EXTREMITY FRACTURES

Diet

- You may resume your regular diet without restrictions. However, start slow with clear liquids and gradually work your way back to your normal diet. This will help prevent nausea and vomiting.

Wound Care

- You will have a splint applied to your surgical extremity that is secured with an ACE wrap. Please leave your splint on: this will be removed at your first post-op visit.
- It is ok to shower or sponge bathe 4 days after surgery. You **MUST** keep your leg clean and dry. This usually requires you to keep your leg outside of the shower and use saran wrap, waterproof bandages, or a large plastic bag to protect your post-op splint application. We will give you further instructions on when you can shower normally at your first post-op visit.
- Do not submerge your surgical leg or soak in a hot tub, swimming pool, or bath until 4 weeks post-operatively when your incisions have completely healed.
- Any sutures or skin closure will be removed at your first post-op visit.
- It is common after surgery to experience swelling, discomfort, or a sensation of numbness/tingling surrounding the splint. You can loosen the ace wrap as needed (while still maintaining ample compression) to reduce the swelling and accompanying symptoms; please reapply compression when the symptoms subside.

DVT Prevention

- You must wear your white TED hose compressive stockings for 4 weeks after surgery. These stockings reduce swelling which improves healing and helps to prevent blood clots.
- Please perform ankle pumps as this will also help to prevent blood clots.
- You will be required to take medication to help prevent blood clots; these prescriptions were provided to you after surgery and should be filled at your pharmacy. Usually our recommendation is 4 weeks of Eliquis taken twice daily. If you have a personal or family history of DVT/pulmonary embolism or have other risk factors elevating your risk for thromboembolic events we may have alternative medications to prescribe to you: if this is the case, please let us know and refer to those updated instructions.

- If you are traveling after surgery, please let us know: we advise that you wait at least one week between surgery date and travel. Please see below for some general tips for preventing blood clots when traveling:
 - Get up on the plane to crutch/walk every hour or if driving stop every 1-2 hours to get up and walk
 - Stay hydrated. Avoid alcohol and caffeine
 - Wear your TED hose stockings for the duration of your travel
 - Take 325mg Aspirin the day before, day of, and day after the travel (if advised)
 - Perform your exercises during travel; especially the ankle pumps
 - If you experience pain or swelling in your calf, please call our office immediately or go to a local emergency department for evaluation.

Post-Operative Activity and Weight Bearing

- After surgery you will remain NON-WEIGHTBEARING using your crutches or walker until your first post-op appointment. We will provide additional instructions at that time.
- Please elevate the knee frequently in order to help decrease swelling/discomfort. When elevating, keep the surgical extremity positioned with the foot higher than the knee and with your toes pointed towards the ceiling to avoid swelling into the foot and ankle.
- Place a pillow under your ankle for comfort and not behind the knee when elevating.
- Physical therapy instructions will be provided at your first post-operative appointment.

Cold Therapy

- Ice should be used to help reduce pain and swelling. Use it as often as possible the first 3 days after surgery, alternating 20 minutes on and 20 minutes off. After the third day, use it at least 3-5 times a day for 20 minutes until pain and swelling have resolved.
- Please keep in mind that it may be difficult to ice through your splint and ace wrap; you can apply ice to any area adjacent to the surgical joint to attempt to find relief using this modality.

Pain Medication

- Take your pain medication as prescribed. This usually means 1 tablet every 4 hours for mild pain or 2 tablets every 4-6 hours for more severe pain. Do not take any additional Tylenol when taking these narcotic medications.
- You can also use over-the-counter NSAIDS once you are eating well. These medications help to reduce pain, swelling, and stiffness. We recommend that you transition to either Aleve or Ibuprofen (following dosage on the bottle) when your pain is manageable.

- The narcotic pain medication can cause constipation if you take it regularly. Some treatments include prescribed stool softeners, fiber bars, Metamucil, or prune juice.
- You are not permitted to drive while taking your narcotic pain medication.
- The pain medication can cause nausea so always take it with food.

****Please call a minimum of 24 hours prior to needing additional medications in order to provide you with the handwritten copy. All requests for prescriptions prior to the weekend must be received by Thursday at noon. Failure to plan accordingly and contact our office prior to needing a refill may prevent you from obtaining your medication.**

Notify the Office if you Experience the Following

- Flu-like symptoms, nausea/vomiting, temperature of 101.5 degrees or higher, severe chills; foul odor, redness, or increased tenderness or drainage from the incision. These are signs of a possible infection. You may need to report to an Emergency Room.
- A hot tender area or unusually large amounts of swelling in either calf or other area of the leg; chest pain, shortness of breath or coughing up blood are signs of a possible blood clot and you may need to report to an Emergency Room or call 911.
- **If you have any other URGENT problem, call the office 714-850-7300. You will be transferred to the answering service and the on call physician if it is outside of normal business hours. If you are concerned that you have a life-threatening condition or emergency, DO NOT CALL THE OFFICE; call 911 immediately.**

Follow-up

- You should already have your post-operative appointment scheduled; this should be scheduled for 10-14 days after your surgery date. Please call the office with any questions or to confirm your appointment at 714-850-7300