

## **Post-op Instructions for Lower Extremity Fracture**

These instructions are to compliment the information given by the nursing staff and physical therapists. They cover many of the common questions.

### **WOUND CARE**

Dressings are to be kept clean and dry. A small amount of clear drainage or bleeding is normal. If the ace wrap feels too tight, you may loosen and re-wrap it.

The splint should remain on until you follow-up in the clinic with your surgeon.

When showering, please place a plastic bag over the leg up to the thigh and secure it with tape, or wrap your knee with Glad Press & Seal plastic wrap. Pat the knee dry immediately with a clean towel if it does get slightly wet.

For patients with an incision: If purulent drainage (thick white or greenish in color) is coming from the wound or the wound has increasing redness, or if you are having a temperature of 101 or higher, please report these symptoms to your surgeon or the doctor on call.

### **PAIN & SWELLING**

To lessen pain and swelling, you may ice after surgery. Put the ice in a zip lock bag or towel and place over the surgical site. We recommend 20 minutes, 4-5 times per day for the first 1-3 days. Do not place ice or cooling devices directly on the skin for prolonged periods of time as it may damage the skin.

Narcotic pain medication will be prescribed for use after you leave the hospital. Try to wean down as tolerated. These medications can cause constipation and you may want to use an over the counter stool softener. Tylenol products may be used instead of prescribed pain medication. The prescribed narcotic medications should not be taken at the same time as plain Tylenol. You may supplement your pain medication by using Ibuprofen or Aleve for any breakthrough pain. It can help to stagger your pain medication with Ibuprofen or Aleve as needed. If a refill of medication is needed, please call the office during regular business hours, Monday-Friday 8:00 a.m. to 5:00 p.m. In general, refills will not be made after hours or on weekends, so please plan ahead.

Swelling to some degree is common after surgery. To reduce swelling, elevation is very helpful. Elevate the foot above the heart level for the first 2-5 days after surgery. Elevation for 30 minutes every 2 hours is a good initial recommendation. Excessive pain and swelling should be reported to your surgeon.

### **EXERCISES**

Crutches and the splint are required following surgery. You should not put weight on the surgical leg until otherwise instructed by physical therapy or your physician. Your splint should be left on at all times.

### **DRIVING**

To drive you must no longer be taking narcotic pain pills (plain Tylenol is allowed). Also, you must feel strong and alert.

### **FOLLOW-UP**

Make sure an appointment has been scheduled for you at Chippewa Valley Orthopedics & Sports Medicine for approximately 1-2 weeks after surgery.

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