



DISCHARGE/POST-OP INSTRUCTIONS FRACTURE SURGERY

Medication given may have significant effects after discharge; therefore, on the day of surgery:

1. You must be accompanied by a responsible adult upon discharge and for 24 hours after surgery.
2. Do not drive a motor vehicle, operate machinery, power tools or appliances, drink alcoholic beverages, or make critical decisions for 24 hours.
3. Be aware of dizziness, which may cause a fall. Change positions slowly.
4. EATING: You may resume your regular diet but it is better to increase intake slowly with liquid and work up to solid foods.
5. PAIN: You may have been given a prescription for medication. Begin taking your pills as soon as pain returns. If this medication does not provide adequate relief, call your surgeon.
6. ANTIBIOTICS: If metal hardware was used to fix your fracture (i.e. plates, screws, etc.) you will be given a prescription for an antibiotic. Start taking it on the evening of the day of surgery and take as directed.
7. NAUSEA/VOMITING: Nausea and vomiting may occur as you become more active or begin to increase food intake. If this should happen, decrease activities and return to liquid. If the problem persists, call your surgeon.
8. URINATING: Notify your surgeon if you have not urinated within 12 hours after discharge.
9. ICE: You may ice the affected area 20 minutes on and 20 minutes off.
10. SENSATION: If you had a nerve block it is normal to have numbness/tingling in the first 2 days.
11. ELEVATE: the extremity as much as possible to reduce pain and swelling
12. DRESSING/SPLINT/CAST: Keep the affected area dry. Do not remove the splint/cast/brace unless otherwise directed.
13. ACTIVITY: Do NOT weight-bear on the affected extremity. Do not move the affected joint unless otherwise instructed. You are encouraged to move the fingers (for upper extremity surgery) or toes (for lower-extremity surgery) as much as possible, to prevent stiffness.
14. PHYSICAL THERAPY: If you are given a physical therapy prescription, try to start PT within 5-7 days.
15. FOLLOW-UP APPOINTMENT: Please call the office and arrange a follow-up appointment for 10-14 days from the date of surgery.

Call your surgeon if:

- a. You have any questions
- b. Temperature is 101 degrees or above
- c. You experience chills or night sweats
- d. Increased bleeding, swelling or pain
- e. Signs of infection – redness, foul odor or purulent drainage (pus)
- f. Operative extremity becomes cold, blue, tingly or numb

Extra caution must be used in dealing with an extremity with a nerve block

IN CASE OF EMERGENCY DURING NORMAL BUSINESS HOURS (8am-5pm):

- Please call our main line (866-670-OUCH) to get in contact with your surgeon's office.

IN CASE OF EMERGENCY AFTER NORMAL BUSINESS HOURS:

- Please call your surgeon's direct office line and speak to the service. They will get in contact with him directly if you are not helped by the on call doctor.