

# Post Operative Instructions for Surgically Repaired Fractures

## Oregon Medical Group Orthopedic and Sports Medicine Clinic

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### Call our office if you have any of the following:

- Fever over 101 degrees.
- Excessive bloody wound drainage
- Yellow, green or foul smelling drainage
- A large red area around the incisions.
- You suspect an allergic reaction to medications or dressing materials. This could be shortness of breath, a rash or redness, hives, etc.

### Dressings/Bandages:

- Your dressing and splint applied in the operating room should remain on, dry, and intact until your first post-operative visit.
- If the dressing becomes blood stained and wet, reinforce it with a clean towel, gauze or bandage materials. **If the incision continues to bleed, call our office immediately.**
- You may shower, but the dressing/splint should be covered and made water-proof with a plastic bag.
- If you notice swelling or feel numbness, tingling, or the splint feels too tight, elevate the extremity above your heart. **If the symptoms worsen or fail to resolve after elevation, contact the office for instructions.**

### Medication:

- Take your regular medications as prescribed.
- You have been given a prescription for pain medication. Please take according to the instructions. If your pain becomes too severe, don't try to "tough it out". Call our office if you have severe pain that doesn't respond to pain medication.
- **Some pain medications contain Tylenol. DO NOT take additional Tylenol without discussing with your surgeon. This can lead to liver failure.**
- **Do not drive or drink alcohol while you are on narcotic pain medication.**
- Sometimes pain medication causes nausea. If this is severe and doesn't go away, call our office.
- Pain medication can cause constipation. Drink plenty of water and/or fruit juice. Take milk of magnesia if you become constipated, or use a stool softener such as Dulcolax.

### Activity:

- Minimize activity on the day of surgery.

- Elevate the extremity above the level of your heart to help minimize swelling and bleeding.
- For **lower extremity fractures**: You **MUST** remain on crutches and non-weight bearing at all time.
- For **Upper Extremity Fractures**: You may need a sling for comfort, but this is not absolutely necessary unless specifically directed by your surgeon.
- Driving is not recommended until you have been cleared by the surgeon as controlling the vehicle may be difficult.
- Sleeping may be difficult for a few days after surgery. You may find it more comfortable to sleep sitting up on pillows, in a reclining chair, or with extremity on pillows.

Diet:

- Resume your regular diet. Drink plenty of fluids, but stay away from alcoholic and caffeinated fluids. Try to stay away from smoking.

Your Post-op Appointment:

- Should be scheduled for 10-14 days after surgery. Call 541-242-4812 if you don't have a post-op appointment date and time.

**Special Instructions:**

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