

FRACTURE POSTOP INSTRUCTIONS AND ADVICE

- After you get home, resume your regular diet. It is best to start with bland foods to avoid nausea. It is not uncommon to have some nausea and possibly even vomiting the day of (and day after) surgery. This is usually due to the medications that you were given during anesthesia.
- **KEEP YOUR SPLINT/BRACE ON AT ALL TIMES.** This includes sleep!
- Keep your splint clean and dry at all times. There are many techniques available to keep it dry when in the shower – one of the most common is just using a plastic bag and rubber band. There are special cast bags that can be purchased. Plastic wrap can be used but needs to be very carefully wrapped with multiple layers.
- Even with the use of pain medication, it is not expected that you will be 100% pain free. Some discomfort is expected after surgery. You will receive a narcotic pain medication for post-operative pain control. This prescription is expected to last a minimum of 10-14 days (until your first postop appointment). It is recommended that you take this medication as prescribed for the first 24 hours after the surgery to “stay ahead of the pain”. After the first day or two, you can begin spacing out your dosages or taking less medication as you feel comfortable.
- You may supplement your prescription pain medication with an over the counter anti-inflammatory (advil, ibuprofen, aleve, motrin – NOT TYLENOL as your prescription pain medication already has Tylenol in it). You can alternate the dosages so that you are taking them at different times or take them together. The maximum allowable dosage in a 24 hour period is 2400mg of ibuprofen for healthy adults (twelve tablets if your medication is over the counter). Go to the ER if your pain is not controllable with your oral pain medication plus the anti-inflammatory.
- We will discontinue the use of all pain medications at 6-8 weeks post-op. If you believe that you still require pain medication at this point, you may request a referral to a pain management specialist.
- Elevate your arm or leg above the heart when possible to control swelling. For ankle surgery, the preferred technique is to use 3-4 pillows under the foot.
- Blood clots are rare following outpatient surgery, but if you are over 50, a smoker, or taking oral hormones (including birth control) the risk goes up. You may take a baby aspirin once a day for four weeks after your surgery to reduce the risk.
- If you are having an itching reaction, take Benadryl, 1 or 2 tablets, every 6 hours. You can rub the skin above the cast/splint with an ice cube. **DO NOT PUT ANYTHING INCLUDING FINGERS DOWN INTO THE SPLINT OR CAST.**
- You receive IV antibiotics while you are here, we do not routinely prescribe antibiotics post operatively.
- **Call 214-383-9356** for any questions/concerns, or if you need a work/school/coaches note. Also, call if you have any of the following postop problems: pain not controlled by oral medications, fever greater than 101, persistent bleeding or drainage from the incisions more than 5 days after surgery, or any medication reactions. Please use the after hours/emergency line from the main number (option 2 in the voicemail greeting, followed by option 2 for Dr. Parker), and leave your message, and your call will be returned as quickly as possible.