

Discharge Instructions after Lower Extremity Fracture Fixation

- If you are in a splint, please keep this in place until you are seen post-operatively
- Avoid placing any weight on the operative extremity although your toes may rest on the ground
- Ice and elevation of the operative extremity are useful in the early post-operative period to help reduce swelling and relieve pain.
- Use the prescribed pain medicine liberally over the first 48 hours, and then you can begin to taper your use. **DO NOT TAKE MORE THAN THE PRESCRIBED DOSE.** You may take Extra Strength Tylenol or Tylenol in place of the pain pills. **DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen or Naprosyn as these may interfere with fracture healing.**
- Any dressings should remain in place until the follow-up appointment. Keep the dressings clean and dry. This may require alternative bathing arrangements or placing the operative extremity in a large garbage bag during showering.
- Pain medications CANNOT be refilled after hours or during the weekends and they CANNOT be called into a pharmacy. If you anticipate needing more, please plan accordingly

For any urgent issues or problems including the following:

- Excessive redness around the incision
- Drainage for more than 4 days
- Fever of more than 101.5 F for more than a day

Please call **206-386-2600** or **1-800-262-3435** (My medical assistant Stephen Schrater can be reached at extension 141 during normal office hours)

If a post-operative appointment has not been made for you, please call **206-386-2600**. You should see the doctor **7-10** days after your surgery.