



8290 University Ave NE, Suite 100  
 Fridley, MN 55432  
 Office Hours 6:30 AM to 4:30 PM Monday-Friday



Office Hours 8 AM to 5 PM Monday-Friday  
 Phone 763-786-9543 Normal and After Hours

## Fracture Surgery Patient Instructions

### Follow up:

- 1) Please schedule a follow-up appointment with your Surgeon's office in \_\_\_\_\_ days.  
**Twin Cities Orthopedics 763-786-9543**

### Appointment:

Date	Time	Office Location

- 2) A Surgery Center RN will call you the following business day to answer any questions that you may have. Patients having surgery on Friday will be called on Monday.

### Activities:

- 3) **Do not remove or adjust your plaster cast or splint! This was placed by your Surgeon to maintain proper bone alignment while your fracture heals. Contact your Surgeon's office for assistance if the cast is causing pain or becomes wet.**

**Please refer to the separate handout for more specifics about cast care at home.**

- 4) You may not support any body weight or lift objects with the surgical extremity until your Surgeon has cleared you to do so. X-rays will be taken at your post-op office visit. Lifting and activity restrictions may be adjusted at that office visit.
- 5) Elevate your surgical site at or above heart level as much as possible during the first 48 hours and as needed after that. Use pillows and blankets to assist with this.
- 6) Moderate swelling is normal. Apply an ice pack as often as possible during the first 48 hours. This will help reduce pain and swelling. Place a washcloth barrier between the ice pack and your skin.
- 7) Do not drive until approved by your Surgeon. Do not drive for at least 24 hours if you are taking narcotic pain medications. They will make you drowsy and impair your ability to drive.
- 8) Work restrictions will depend on your surgical procedure and type of employment. If you have not already discussed this with your Surgeon, please discuss this during your first post-operative office visit. Please call their office directly if questions arise before that appointment.

### Diet:

- 9) Begin with clear liquids and a bland diet. Progress to your normal diet in 24 hours. Anesthesia and narcotic pain medications may slow down your digestive system. An over the counter stool softener or mild laxative may be beneficial to prevent constipation and cramping. Ask a Pharmacist for assistance in selecting this.

**Medications:**

- 10) Take the pain medication as prescribed. Take at the first onset of moderate pain. Oral pain medications take 30-45 minutes to start working.  
Take your medications with food. Do not drink alcohol, drive a vehicle, use power tools, or make important legal decisions while taking narcotic pain medications.
- 11) Do not take additional Tylenol (Acetaminophen) with narcotic/acetaminophen combination pain medications. The contents are listed on the medication bottle.
- 12) Watch for signs of allergic reaction (hives, rash, itching, shortness of breath). If signs occur, discontinue medication and contact your Surgeon to request a new medication.
- 13) You may take an anti-inflammatory medication (Advil, Ibuprofen, Aleve, Naproxen or Celebrex) in combination with the narcotic pain medication.

<b>Your Medications:</b> (Refer to instructions on prescription label)		
PAIN MEDICATION: _____	GIVEN: _____	NEXT DUE: _____
ANTI-INFLAMMATORY: _____	GIVEN: _____	NEXT DUE: _____
OTHER: _____	GIVEN: _____	NEXT DUE: _____

**Bandage Care:**

- 14) Some bleeding and drainage into the bandage is normal. However, if the drainage is bright red and larger than 2 inches, call your Surgeon's office.
- 15) Showering- Your cast must be kept clean and dry to prevent infection and improve healing. Use a plastic bag and tape to keep the cast dry while showering. Avoid contact with tub or sink water. You may not enter a swimming pool, lake, or hot tub.
- 16) Compare both of your extremities. Both should feel warm, have similar color, and have good circulation. If your surgical extremity becomes cold, white/pale, or very swollen, please call your Surgeon's office immediately.

**Physical Therapy:** This will be addressed by your Surgeon if required.

**Home Exercises:** Start the prescribed exercises the first day after surgery. Your recovery room Registered Nurse will provide instructions and additional handouts if applicable.

**Call your Surgeon's office if you experience:**

- Temperature greater than 101 degrees or signs of infection.
- Continuous draining or excessive bleeding on bandages.
- Persistent nausea/vomiting.
- Severe pain despite taking medications and following activity restrictions.
- Change in skin color, temperature, or numbness in surgical extremity.

***If you are having difficulty breathing or chest pains-call 911 immediately.***