



www.cvosm.com

Austin Crow, MD

Chippewa Valley Orthopedics & Sports Medicine

1200 OAKLEAF WAY STE A
ALTOONA WI 54720
TEL 715.832.1400

757 LAKELAND DR. STE B
CHIPPEWA FALLS WI 54729
TEL 715.723.8514

Post-op Instructions for Lower Extremity Fracture

These instructions are to complement the information given by your surgeon, the nursing staff, and physical therapists. They cover many of the common questions.

Wound Care/Showering

- Dressings are to be kept clean and dry. A small amount of clear drainage or bleeding is normal. If the ace wrap feels too tight, you may loosen it and re-wrap it.
- The splint should remain on until your follow-up in the clinic with your surgeon.
- When showering, please place a plastic bag over the leg up to the thigh and secure it with tape or wrap your knee with Glad Press & Seal plastic wrap. Pat the knee dry immediately with a clean towel if it does get slightly wet or you may use a blow dryer on cool to dry.
- For patients with an incision that is visible, if you develop purulent drainage (thick white or greenish in color) from the wound, increasing redness, or if you are having a temperature of 101 or higher, please report these symptoms to your surgeon or the doctor on call.

Pain/Swelling

- To lessen pain and swelling, you may ice after surgery. Put the ice in a zip lock bag or in a towel and place over the surgical site. Do not place ice or cooling devices directly on the skin for prolonged periods of time as it may damage the skin. We recommend 20 minutes, 4-5 times per day for the first 1-3 days.
- Narcotic pain medication will be prescribed for use, if needed, in limited amounts. Try to wean down/off as soon as you are able. Use acetaminophen (Tylenol) and/or anti-inflammatories (Ibuprofen or Aleve) as main medications for pain control as/if appropriate. Add the narcotic medication for additional pain control if needed. It can help to stagger your pain medications. If a refill of medication is needed, please call the office during regular business hours, Monday-Friday 8:00 a.m. to 5:00 p.m. In general, refills will not be made after hours or on weekends as they need to be picked up. Please plan ahead.
- Also, narcotic medications can cause constipation so you may want/need to use an over-the-counter stool softeners/laxative as needed.
- Swelling to some degree is common after surgery. To reduce swelling, elevation is very helpful. Elevate the foot above the heart level for the first 1-2 after surgery. Elevation for 30 minutes every 2 hours is a good initial recommendation. Excessive pain and swelling should be reported to your surgeon.

Exercises

- Crutches and splint/brace are required following surgery. You should not put weight on the surgical leg until otherwise instructed by physical therapy or your physician.
- If you have a splint, it should be left on at all times. Do not remove it prior to your follow-up appointment.



Austin Crow, MD

Chippewa Valley Orthopedics & Sports Medicine

1200 OAKLEAF WAY STE A
ALTOONA WI 54720
TEL 715.832.1400

757 LAKELAND DR. STE B
CHIPPEWA FALLS WI 54729
TEL 715.723.8514

www.cvosm.com

- If you have a brace in place, follow the direction of the surgeon or physical therapist on allowed motion or brace settings. Your brace can be removed for cares and to work range of motion if appropriate.

Prventing Blood Clots

- You will likely be discharged with aspirin for blood clot prevention after surgery to be taken twice a day. It is important to take your anticoagulant at the same time every day for the amount of time your surgeon has prescribed it for. If you have a medical concern or high risk for blood clots, you may be prescribed Eliquis (apixaban) or Xarelto (rivaroxaban) and then transitioned to aspirin.
- You are also encouraged to move your ankles up and down (ankle pumps) and walk frequently. This helps circulate blood from your legs and reduces your risk of developing a blood clot. TED compression stockings also help reduce swelling and prevent blood from pooling in your legs. You should put the stockings on every morning and remove them before going to bed. It is recommended to wear these compression stockings for 3-4 weeks postoperatively or until instructed by your care team.

Driving

- To drive, you must no longer be taking narcotic pain pills (plain Tylenol is allowed). Also, you must feel strong and alert.

Follow-up

- Make sure an appointment has been scheduled for you at Chippewa Valley Orthopedics & Sports Medicine for approximately 1-2 weeks after surgery.