

Fracture Care - Home Care Instructions

Stephen Hiatt, MD



General anesthesia/IV sedation: For the remainder of the day, plan to relax. A feeling of dizziness, light-headedness or drowsiness is not unusual. Move cautiously, as fast movements can make this feeling worse. If you have been lying down, sit up slowly and pause briefly before standing. We strongly suggest that a responsible adult be with you until tomorrow morning for your comfort and safety. You should not make any legal decisions for the next 24 hours.

1. Wound Care

- Keep your splint clean and dry.
- Do NOT remove splint unless instructed by your surgeon.
- You may shower after the surgical dressing is removed as long as the incisions are not draining. Gently wash the incisions / steri-strips with soap and water, then rinse and pat dry. You may apply Band-Aids to the incisions if desired.
- NO TUB BATHS, POOLS, OR HOT TUBS.
- Do NOT apply any ointments, creams or lotions around your incisions.

2. Activity

- Weight bearing will be determined based on the type of fracture and treatment method. Follow the restrictions you are provided by your surgeon.
- Do not drive while taking narcotic pain medication.

3. Special Instructions

- Apply ice to the operative site for 20-30 minutes, every 1-2 hours.
- **Keep the operative extremity elevated above heart level** as much as possible until your follow-up visit.
- *****DO NOT SMOKE OR USE TOBACCO. TOBACCO PRODUCTS INHIBIT BONE HEALING.*****

4. Diet

- Start light diet today (i.e. soup, Jell-O, toast). If no nausea or vomiting, you may resume a normal diet.
- In case of nausea and/or vomiting, reduce diet to fluids low in acid (water, sports drinks, white sodas). As you are able to tolerate the fluids, gradually increase your diet.

5. Medication

- Take prescribed narcotic pain medication as needed and 30 minutes prior to physical therapy visits. Exercise caution during walking or climbing stairs.
- **Advil/Aleve and any other NSAIDs should not be taken as they can delay bone healing.**
- **Vitamin D 2,000 units and Calcium 1,200 mg should be taken daily until the fracture heals. Look at the active ingredients on the supplement bottle to determine how many pills to take for this dosage. A general multivitamin should also be taken daily during fracture healing.**
- Avoid taking narcotics on an empty stomach, as this can cause nausea and/or vomiting.
- Narcotics cause constipation. Drink plenty of fluids. Take an over-the-counter laxative as needed.

6. Follow-up Care

- Follow up with Dr. Hiatt in 12-14 days. Call to schedule an appointment if not already arranged.

7. NOTIFY PHYSICIAN IF:

- **Excessive bleeding or drainage at the surgical site**
- **Fever over 101 degrees**
- **Numbness, tingling, or changes in color to the affected extremity**
- **Excessive redness and/or unusual drainage at the surgical site**
- **Drainage at the surgical site that continues after one week post-op**
- **Increasing or unrelieved pain**
- **Persistent nausea and/or vomiting**
- **Unable to urinate for 6-8 hours after surgery**

8. REPORT TO THE EMERGENCY ROOM IF:

- **Your arm/leg suddenly becomes numb or pale.**
- **You experience sudden onset of severe chest pain or shortness of breath.**

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