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## Post-Operative Instructions: Lower Extremity Fracture

### Medications

- **Pain Medications:** Your pain medication regimen is individualized and based on your allergies, medical history, and current medications. Please try to minimize your use of narcotics/opioids. Your goal should be to gradually decrease the use of pain medication over the next 2-4 weeks. **Only take these medications for severe pain!**
- **Anticoagulation Therapy:** Aids in the prevention of you acquiring a blood clot. If you experience excessive calf pain & swelling, that does not go away with elevation and rest; call our office. **Anticoagulation therapy is individualized and will consist of one of the below medications. If you were on a blood thinner before your surgery that medication will likely be re-started after your surgery.**
  - **Aspirin 81mg TWICE daily for 4 weeks**
  - Eliquis 2.5mg TWICE daily
  - Xarelto 10mg daily
  - Lovenox
  - Coumadin

### Wound Care

- **Incision Site:** Leave your splint in place, do not remove. Keep clean and dry at all times and do not get wet when bathing.
- **Elevate your extremity as much as possible:** this will help to decrease swelling and help with pain control as well

### Activity

- **Weight Bearing** – Unless otherwise directed do not put any weight on your operative extremity
- **Driving:** No driving until cleared by physician. No driving when taking narcotic pain medications.
- **Traveling/Flying:** Please do not travel/fly for 4-6 weeks after surgery.

**Follow-Up:** Follow up in 2 weeks with Dr. Shield. If you do not already have an appointment, please call 813-684-2663 to schedule your post-operative appointment.

**Medication Refills:** We need 48 hours of notice to process medication refills. We are unable to re-fill prescriptions after normal business hours or on weekends.

## Common Problems

- **Difficulty Sleeping:** Most patients report more pain at night than during the day; resulting in difficulty sleeping. You may try to incorporate over the counter sleep aids such as Benadryl or melatonin per package recommendations.
- **Leg & ankle swelling:** You may have some swelling in your operated leg that should gradually decrease. If swelling occurs, lie down, rest, and apply an ice pack for 20 minutes.
- **Pain:** Pain may be a result of over-activity. **When you experience an increase in pain sit or lie down, elevate your legs, and rest.** If the pain does not subside, take the pain medication prescribed for you. Pain is a protective mechanism that helps to prevent over-usage and should not be ignored.
- **Call our office at 813-684-2663 if you experience one of the following:**
  - Temperature of 101° or higher
  - Drainage from your incision
  - Increasing redness around your incision
  - Increasing pain around the incision, unrelieved by pain medication
  - Excessive calf pain or thigh pain and swelling that does not go away with rest or elevation.