

Patient Name:

Post-Op Appt:



Dr. Adam Jester's Postoperative Instructions Tibial Plateau ORIF

Post-Operative instructions:

- NON WEIGHT-BEARING on the operative leg. Use crutches, a walker, or a wheelchair for transportation.
- Elevate and ice (over the soft dressing) at least 4x/ day
- DO NOT remove dressing. Keep the dressing clean and dry. It will be removed in office at your next visit.

Home Exercises:

- Begin knee range of motion exercises (flexing and extending) the day after surgery. Perform exercises at least 3x/ day. See back of paper for examples.

Pain Control Protocol:

- Medications, if indicated, will be electronically sent to your pharmacy on file. Narcotic medications should be used as needed.
- We recommend alternating over-the-counter Ibuprofen 600mg when pain is not as severe as long as you are medically able to take the medication.

DVT (Blood Clot) Prevention:

- Begin use of Aspirin 81mg twice a day. This medication will be sent to your pharmacy on file. It is also available over the counter.

**For any questions or concerns call:
(813) 684-2663 ext. 304**

Seated Knee Range of Motion Exercises:

****Dr. Jester expects at least 0-90 degrees by post-operative appointment****

90 degrees



0 degrees

