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DELAWARE ORTHOPAEDIC SPECIALISTS

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Discharge Instructions

External Fixation (Upper and Lower Extremities)

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** **DO NOT** Place weight on injured limb. You will not be able to put weight on the limb until cleared by your surgeon.
- Pain:** Take pain medication as needed. Please contact the office at 302-655-9494 if your pain is uncontrolled.
- Ice:** Ice is an excellent source for pain, relief, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302- 655-9494 after discharge from hospital to schedule a follow up appointment for 1 week after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call 302-655-9494 for assistance.
- Wound Care:** **DO NOT REMOVE DRESSINGS.** It will usually drain or leak after you have returned home. Do not become alarmed unless you consider the volume or color of the drainage to be excessive. Keep clean and dry until follow up visit. Avoid putting anything down it or hitting anything or anybody with it. These are all potentially dangerous to yourself or others.
- Showering:** Place the fixator and dressing in a bag and use tape to keep dry while bathing.
- Sutures:** Your sutures or staples will be removed at your follow-up visit.
- DVT:** Take medication to try to prevent blood clots as recommended (Usually Lovenox or Xeralto) until completed. If you were not prescribed a medication for blood clots take aspirin 325 mg 2 times per day until your follow up appointment.