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## **Discharge Instructions**

### **Pelvis Fractures / Acetabulum Fractures**

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Continue with **FOOT FLAT WEIGHT BEARING** with a walker until instructed otherwise. You will not be able to place any weight to the injured side for 6-8 weeks after surgery.
- 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 2-3 weeks after surgery or discharge from hospital.
- 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:** Apply dry dressing to incisions as needed. May leave open to air, if incisions are dry.
- Showering:** It is OK to use a shower chair and wash with soap and water. No Soaking incisions. **NO TUB BATHS OR POOLS.**
- 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.