



DELAWARE ORTHOPAEDIC SPECIALISTS

Discharge Instructions

External Fixation (Upper or 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 the prescription pain medication as needed, you only get one script. Please contact the office at (302) 655-9494 if your pain is uncontrolled. Unless you have liver disease, supplement with Tylenol (max 1000mg every 6 hours). Unless you have peptic or renal disease you may also use Ibuprofen.
- Ice:** Ice is an excellent source for pain relief, swelling 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, x1141 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.
- Dressings:** 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 in attempt to prevent blood clots as recommended (Usually Lovenox or Xarelto) 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.