



DELAWARE ORTHOPAEDIC SPECIALISTS

Discharge Instructions

Tibia Shaft / Pilon / Ankle / Hindfoot / Midfoot / Forefoot Fractures

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** DO NOT place weight on injured leg. You will not be able to put weight on the leg for ___ weeks after surgery. Active motion of hip/knee/ankle and toes is required to prevent stiffness. Begin active motion immediately after surgery for joints not in a splint. If splint was placed, see below.
- 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, 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, x1141 to schedule a follow up appointment for 2 weeks after surgery. Follow up occurs (typically) at 2 weeks, 2 months, 4 months and 6 months after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. Please call (302) 655-9494 for assistance.
- Incision:** Your incision is closed with staples or sutures. These will be removed at the 2 week follow up.
- Dressing:** If a splint was placed, it will be removed at 2 week follow up. If no splint placed, may remove dressings 3 days after surgery. Until splint or dressing is removed, keep clean and dry. Once splint/dressing is removed, you may shower with surgical site uncovered and replace a new clean dressing on the surgical site as needed. Strict elevation of the affected extremity is required for the first 2 weeks. Elevation means above the level of your heart.
- 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 first follow up appointment.