

Post-Operative Instructions for Lower Extremity Fracture Repair

Diagnosis: Lower extremity fracture

Activity:

- Non-Weight Bearing Status on the Operative Extremity until follow-up appointment.
- Ambulate with crutches.
- On Post Operative Day #1 - Patient may begin range of motion exercises to toes (Full Flexion & Full Extension for 15 minutes, 5 times a day).

Dressings:

- Dressings and splint are not to be removed for any reason until follow-up appointment in 10-14 days!
- Swelling in extremity is common. Elevate and apply ice to extremity until swelling resolves.
- Do not submerge splint/cast in water. Do not allow splint/cast material to become wet.
- Observe for any signs of infection, and report it immediately to our office!

Allergies: No data for Allergies

Medications:

- Resume home medications as listed on Home Medication Form.
- Pain medications will be prescribed at discharge.

Follow-Up: 10-14 day follow up appointment will be given at discharge.

Please call the office with any questions or concerns.

Timothy W. Talbert, MD
Highland Clinic Orthopaedics & Sports Medicine
1455 E. Bert Kouns Industrial Loop, Shreveport, LA 71105
Phone (318) 798-4623 / Fax (318) 798-4639
www.highlandclinic.com