



Information After Closed or Open Reduction of a Fracture

DIET

Resume a normal diet.

ACTIVITY

1. Unless specified otherwise by your surgeon, you may get up out of bed and resume normal daily activities.
2. You should drive only if it is safe to do so. If you have a cast or splint on one of your upper extremities, then you should only drive if you have an automatic transmission vehicle and if you can operate the controls with one hand. If you have a cast or splint on your left foot, then you may drive if you have an automatic transmission.
3. Your weight bearing status will be discussed with you by your surgeon. If you have any questions regarding this please call our office.

PAIN AND SWELLING

1. You should elevate the area of the fracture above the level of your heart as much as possible in the first 24-36 hours after surgery. This is by far the most important way to reduce pain and swelling.
2. Mild pain and swelling is expected after your procedure. Pain medication will be given to you for your comfort. Take it as needed and only as prescribed. You should not drive or operate machinery while taking the pain medication.
3. If you have a cast or splint on one of your upper extremities, then it is important to move your fingers as much as possible. If the cast or splint is on a lower extremity, then move your toes as much as possible. This will help reduce discomfort and swelling around the area of the fracture.

PRECAUTIONS – PLEASE CALL OUR OFFICE IF YOU HAVE ANY OF THE FOLLOWING:

1. Temperature of 101.5 degrees or above or chills.
2. Increasing pain at the fracture despite medication and elevation.
3. Increasing numbness and/or tingling in the fingers or toes in the extremity which has the cast or splint on it. Please note that some swelling of the fingers or toes and perhaps some discoloration of the fingers or toes is to be expected.

RETURN VISIT

1. Your follow up visit is usually arranged before surgery. If you do not have a follow up appointment, please telephone our office.
2. Usually one of our nurses calls the day after you are released from the hospital to check on your progress. Do not hesitate to call our office at any time if you have any questions or concerns.

CARE OF THE CAST OR SPLINT

1. The cast or splint is to be kept dry at all times.
2. If a sling was given to you, please use this at all times to help support the cast or splint, unless your surgeon has told you otherwise. If a cast shoe was given for a cast on your leg, then this is to be used at all times.
3. Do not try to modify the cast or the splint on your own. Please call our office if you have concerns. There is someone available to speak to you 24 hours a day.