

**FRACTURE FIXATION/OPEN REDUCTION INTERNAL FIXATION**

*PATIENT EDUCATION FORM*

ACTIVITY:

* The most important thing you can do to aid recovery is to be **up and moving around**. Do this **within your restrictions**.
* You may have a brace, splint, or cast postoperatively. Keep this **clean and dry**. Do **NOT** place objects inside or remove immobilization. If you would like to shower, use a cast bag to protect your splint/cast.
* All fractures should be **non-weight bearing** unless otherwise specified by your surgeon. Use an assistive device to help you mobilize.
* **AVOID** sitting or standing for more than 20 to 30 minutes at a time.
* When seated, elevate the operative extremity using pillows above the level of your heart.
* You may resume sexual activity when you feel ready.
* You may drive when you feel you can tolerate it. This will be dependent upon the surgical site and time after surgery.
* Your surgeon will discuss your return to work at your follow-up appointment if earlier arrangements have not been made.

**INCISIONS:**

* You may have a splint or cast postoperatively. Keep this **clean and dry**. Do **NOT** place objects inside or remove immobilization. If you would like to shower, use a cast bag to protect your splint/cast. A cast bag can be obtained from your local pharmacy. This cast/splint will be removed at your postoperative visit.
* For open incision sites, keep these **covered** with surgical dressings until seen in clinic.
* Gauze and tape can be obtained from your local pharmacy. If soiled, dressings should be changed daily.
* Your incision will be closed with sutures or staples. Many sutures do not need to be removed. If you have staples or removable sutures these will be removed at your first follow up appointment in two to three weeks.
* Keep your incision **clean and dry at all times**. If protecting a large surgical site dressing you may either sponge bathe or use a cast bag to protect the extremity. When showering keep your incisions away from the stream of water. **NO** bathing or soaking incision. **NO** swimming in hot tubs, pools, lakes, oceans, etc.
* Do **NOT** put ointments or creams on or by your incisions.
* As your incisions heal, they may itch but do **NOT** scratch them. Do not try to itch inside your splint or cast.
* Often times you may get swelling directly under or adjacent to your incisions. As long as there is no redness, drainage, or exquisite tenderness, this will likely resolve. Watch the area for changes.
* No pools or hot tubs until cleared by your surgeon.