

Fracture Surgery Home Instructions

Rest and Elevation:

It is normal to experience mild pain and swelling, especially the first several days after surgery. To minimize the pain and swelling, elevate your affected body part above your heart level as much as possible.

Ice:

Ice will help relieve the swelling and pain. Use the ice bag on your extremity, 20 minutes on and 20 minutes off, as needed for pain until your follow-up appointment.

Medications:

Follow instructions carefully. Pain medications should be taken with food to diminish side effects such as nausea/vomiting. Pain medications may also dehydrate/constipate, so drink plenty of fluids. Do not drive as long as you are taking pain medications.

Surgical Dressing/Sutures:

Keep dressing clean and dry to prevent infection. Do not remove dressing. Cover when showering or bathing. The dressing/sutures will be removed at your scheduled follow-up visit dressing. Don't swim, bathe, or soak dressing.

Exercises:

It is important to keep wiggling fingers or toes of affected extremity. This will help reduce swelling as well as keep your muscles/tendon/joints from becoming stiff. Repeat several times throughout the day.

Follow-up Appointment:

It is important to keep your scheduled follow-up appointment. At this appointment your dressing will be removed, incision inspected, and any sutures/staples will be removed. Any further therapy and/or instructions will also be given at this time.

If you have any problems or questions after your surgery, please call Dr Wohlrab office at (910)295-0265.

Dr. Wohlrab

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