

**Post-Operative Surgery Instructions:
Fractures**

Immediately After Surgery in the Recovery Room:

1. After surgery you will be taken to the recovery room, where your family can meet you. You will have a **dressing and a splint on your operated extremity**. The dressing and splint remains on until your first office visit 3-10 days after surgery.
2. You will have ice on your operated extremity. This is used on the operated extremity to reduce pain and swelling. Elevating the surgical area on some pillows also helps reduce pain and swelling.
3. **DO NOT PUT WEIGHT ON YOUR OPERATED EXTREMITY**. It is OK to move your fingers or toes to increase circulation. Keep the dressing clean and dry.
4. If you have had a nerve block, you may not be able to move your operated extremity for up to 24 hours. The nerve block is used to decrease pain and wears off in about 6-24 hours. Start taking your pain medication as soon as you get home, and then as needed.
5. You will receive a prescription for pain medication for when you go home (this medication may make you constipated).

The Next Day After Surgery at Home:

1. Keep the operated extremity in the dressing. It is OK to move your fingers/toes.
2. The dressing and splint should stay on and dry **AT ALL TIMES**. It will be removed in the office 3-10 days after surgery.
3. It is **NOT** ok to get the wound or dressing wet. If you are going to bath or shower, either place a plastic bag around the dressing or keep the extremity out of the bathtub.
4. Ice and elevate as necessary for 3-7 days. Cooling does help reduce pain, swelling, and inflammation. At some point you will notice it is not giving much relief any more, that is when it should be discontinued.

5. Pain medication: As per office policy, we DO NOT call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed and we can call it in when appropriate.

6. Physical Therapy may be arranged for you on your first office visit after surgery, usually within 5-10 days of your surgery.

OFFICE VISITS:

1. Please arrange to see Dr. Alpert in the office 3-10 days after surgery for a dressing change, wound check, x-rays, and further instructions.

2. Usually Dr. Alpert will see you for a second office visit about 14-21 days after the surgery for another wound check and suture removal.

3. Physical Therapy may be set up on your first post-operative visit. An initial prescription is usually 2-3 times a week for 6 weeks. The total amount of Physical Therapy can last for up to 3 months.

If you have questions or concerns regarding your surgery or the rehabilitation protocol and exercises call **847-931-5300**.