

# **DR ELRASHIDY'S DISCHARGE INSTRUCTIONS**

## **LOWER EXTREMITY/FRACTURE SURGERY**

### **ACTIVITIES**

- 1) Do not weight-bear on operative leg unless cleared to do so by your doctor.
- 2) Ice frequently until post-op visit (20 minutes every few hours). Put cloth barrier between ice pack & skin.
- 3) Elevate leg to level of heart as much as possible to improve post-op swelling.
- 4) Do not drive until cleared by doctor or if you're still taking narcotic meds.
- 5) Return to work depends on the specific job, this will be discussed at your 1<sup>st</sup> post-op visit.

### **DIET**

- 1) Begin with liquids, light food (Jell-O, soup). Progress to regular diet as tolerated.
- 2) Use stool softeners as directed while on pain meds.

### **MEDICATIONS**

- 1) Take pain meds as prescribed. Please note, it takes meds 30-45 minutes to take effect.
- 2) Do not combine narcotic meds with alcohol. **Don't drive or operate machinery if taking narcotics.**
- 3) Do **NOT** take anti-inflammatories (Advil, Aleve, etc) **unless** prescribed by your surgeon.
- 4) Take pain meds with food to prevent GI upset. If symptoms persist or are severe, please call our office.

### **PHYSICAL THERAPY**

- 1) Your therapist may give you home exercises, these are important for pain control, motion & strength.
- 2) We will help schedule physical therapy, typically at 1st post-op appointment.

### **WOUND AND DRESSING/SPLINT CARE**

- 1) There may be mild drainage/bleeding on dressing/splint. Call if bandage becomes saturated.  
\_\_\_ Do not remove splint/dressings. This will be done at first post-op visit  
\_\_\_ OK to remove dressing at 48 hours
- 2) May shower once dressings are removed. Afterwards, pat incisions dry, place new clean dressing.
- 3) If you have a cast/splint, do not get wet. Do not soak extremity (i.e bath, hot tub) until cleared by doctor.

### **FOLLOW-UP CARE**

- 1) You should have an appointment scheduled for 10-14 days after surgery. We will remove dressings, sutures and review all details with you.
- 2) Please call our office if you need to change this appointment, or if you do not have one scheduled.

### **EMERGENCIES – Call our office if you notice any of the following:**

- 1) Severe swelling in the lower extremity despite ice & elevation (mild swelling/pain is expected for 4-6 weeks)
- 2) Change of color or temperature in the operative limb (cold or numb toes, blue or pale skin)
- 3) Continuous or foul-smelling drainage, bleeding from the dressing.
- 4) Fever greater than 101.5 degrees, excessive nausea or vomiting

Patient Signature \_\_\_\_\_

RN Signature \_\_\_\_\_

**Hany Elrashidy, MD**  
**Department of Orthopedic Surgery**  
**Webster Orthopedics – (800) 943-8099**