



Post-Op Instructions for Fracture Care

Call 9-1-1 IMMEDIATELY if you have:

- Chest pain
- Shortness of breath
- Change in vision or slurring speech

Call Dr. Horn's office if:

- You have a fever higher than 101 °F (38.3 °C)
- You have concerns about your incision (drainage, redness, swelling, warmth, severe pain, etc.)

Incision Care:

- Remain in the temporary splint at all times until you follow up with Dr. Horn
- If dressing gets dirty, wet, or unsecure before removal, notify Dr. Horn's office
- Most of your stitches are under the skin, meaning they will dissolve on their own and will not need to be removed
 - If you have external pins, you will be given pin care instructions at your follow-up appointment
- If you have excessive swelling and the splint is fitting too tightly, you can loosen the ACE bandage and re-wrap it.
- You may also elevate and apply ice/cold packs to help with the swelling

Showering/Hygiene:

- DO NOT get the incision/dressing wet until after your follow-up with Dr. Horn
- You may shower 24-48 hours after surgery as long as the incision/dressing/splint is covered and dry

Medications:

- You were given an instruction list for your post-op medications. Follow those instructions. If you have questions or concerns, contact the office

Driving:

- **DO NOT** drive while under the influence of narcotic medication

Preventing Constipation:

- You may become constipated because of your pain medications, dehydration, and reduced activity
- To prevent constipation:
 - Purchase an over-the-counter stool softener and/or laxative to use before and after your surgery
 - Drink at least 8 glasses of water each day
 - Eat more fiber from fruits, vegetables, and whole grains

Miscellaneous

- Keep dressing/splint clean and dry
- If you have questions or concerns, call our office at **281-837-8550**

Post-op Follow Up Appointments

- We would like to see you in our office about **7-10 days** (unless told otherwise) after you are discharged. If you have not heard from our office within 24-48 hours of leaving the hospital, please call our office at **281-837-8550** to schedule that appointment.