

Discharge Instructions
Distal Femur Fracture / Tibial Plateau Fracture /
Proximal Tibia Fracture

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** **DO NOT** place weight on injured leg. You will not be able to put weight on the leg for 6-8 weeks after surgery.
- Pain:** Take pain medication as needed. Please contact the office at (989) 583-7450 if your pain is uncontrolled.
- Ice:** Ice is an excellent source for pain, relief, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at (989) 583-7450 after discharge from hospital to schedule a follow up appointment for 2-3 weeks after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call (989) 583-7450 for assistance.
- Wound Care:** Change dressings on 3rd day from surgery. Place a dry dressing as needed if drainage from incisions. May leave incisions open to air if there is no drainage from incisions.
- Splint:** If you were given a knee immobilizer, use at all times except for cleaning leg until follow up visit. If you were **NOT** given a knee immobilizer, work on knee motion, especially knee extension and do not place a pillow behind the knee. It is much harder to regain extension later.
- Showering:** It is OK to wash leg with soap and water. **DO NOT SOAK** leg in a tub or swim in pools until instructed otherwise. It is OK to sit in a shower chair and let water go down leg.
- Sutures:** Your sutures or staples will be removed at your follow-up visit.
- DVT:** Take medication to try to prevent blood clots as recommended (Usually Lovenox or Xeralto) until completed. If you were not prescribed a medication for blood clots take aspirin 325 mg 2 times per day until your follow up appointment.