

Dr. Kerns' Post-Op Instructions

ORIF (Plate & Screws) for Tibial Plateau Fracture

DATE: _____

1. You may require discharge to an inpatient rehab or skilled nursing facility. Your case manager will work with you & your family to find the best location to meet all your needs.
2. To decrease the risk of a blood clot, you will be given compression stockings & prescribed a daily aspirin; both are to be used for four weeks. If you are at higher risk of a blood clot, then you will be given either Lovenox SQ or Aspirin 325mg BID x 4wks.
3. For bone health, Vitamins C, D & Calcium should be taken supplements x 3-6 months.
4. In general, you will have absorbable sutures placed under the skin with a skin sealant (thus, nothing to remove). Staples, if present, should be removed in 14 days and steri-strips placed.
5. Dressings: You may have one lateral incision or a lateral & a medial incision. Discuss dressing care with your nurse. In general, no bathing (submerging) for 4 wks after surgery.
6. You may have a cold therapy unit placed over your knee. This is a device that circulates cold water around the knee to keep down the initial swelling after surgery. Wear x 48 hours while you have your initial dressings on. Then, use it 2-3x/day x 45 mins each use. ALWAYS have your knee covered. Do not place the polar care directly on your skin as it may cause skin damage. (Use two properly sealed ice packs to your knee in the same manner if you are not given one a polar care device.)
7. You will have a knee brace that supports your knee & allows some motion. You need to use this for three weeks, especially at night when sleeping. Only remove it for hygiene or as directed by me or your therapist.
8. Use your walker (crutches) at all times & do not put any significant weight on your foot for at least 6 weeks: ToeTouch Weight-Bearing on your leg for a minimum of 6 weeks. You will hurt the repair by walking on your leg too soon. **[PT instructions: TDWB w/ walker x 6wks; gait & transfer training; work on AROM of knee only – no PROM until 6 wks]**
9. Please make an appointment to see me in 14 days after your surgery.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Garrett Kerns, D.O.