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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

Post-Op Lower Extremity Fracture Care

Nausea and Vomiting: Certain anesthetics and pain medications may cause nausea. If you experience this issue, contact our office.

Pain Management: You may initially have minimal pain due to local anesthetics, but it will increase in 4-8 hours (8-10 hours if you had a femoral block). Pain medication will be e-prescribed to your pharmacy before your surgery date. Take it as needed. Transition to OTC NSAIDs or Tylenol when possible.

DVT Prophylaxis: Take aspirin as prescribed for DVT prevention. Perform ankle pumps to reduce swelling and prevent blood clot formation. Expect normal bruising, which will decrease with increased activity.

Dressing: Only remove your dressing if your doctor instructs or get it wet. Observe for signs of excessive bleeding and contact the office immediately if you notice a significant amount of blood.

Weight-Bearing: Unless your doctor advises otherwise, you must be non-weight-bearing on the operative side.

Swelling Management: Elevate the operative extremity on several pillows frequently to reduce swelling.

Icing: Apply ice to the operative site for 20 minutes every hour for relief.

Contact Your Physician if:

- Temperature exceeds 101.5 degrees, or severe chills occur.
- Severe pain persists despite prescribed medications.
- You experience numbness, redness, or tingling in the operative extremity.
- The operative extremity has excessive swelling, paleness, or coldness compared to the other side.

Follow-Up: Expect a call from our staff the day after surgery to check on your progress and address any questions.

Additional Tips: If taking pain medication, drink plenty of water and use fiber to prevent constipation.

Follow-Up Appointment: Remember to keep your post-operative appointment at Coastal Orthopedics.

Call our office staff at (361) 994-1166 for any questions or concerns.