



Robert S. Williams, MD
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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

Post Op Lower Extremity Fracture Care

- Certain anesthetics and pain medications may produce nausea and vomiting in certain individuals. If nausea becomes a problem at home, call our office.
- When you first awaken from surgery, you may have only minimal pain. This is because of the local anesthetics. They should wear off in 4-8 hours, at which time the pain may increase in intensity. If you had a femoral block, the medication should wear off in 8-10 hours. A prescription for pain will be e-prescribed to your pharmacy on record before your surgery date. Take the medication as needed. Most patients only require pain medication for a few days and are able to transition to OTC NSAIDs or Tylenol.
- You must also take the aspirin as prescribed for DVT prophylaxis. Perform ankle pumps to help with swelling and prevent blood clot formation. Bruising is normal and will
- Observe your dressing for signs of excessive bleeding. If you observe an excessive amount of blood, call the office immediately. **DO NOT REMOVE** your dressing (unless instructed by your Doctor) or get it wet.
- Notify your physician for:
 - A. Temperature over 101.5 degrees or severe chills.
 - B. Severe pain not relieved by prescribed medications.
 - C. Numbness, redness, or tingling of operative extremity.
 - D. Excessive swelling, paleness or coldness of operative extremity as compared to other.
- A member of our staff will call the day after surgery to see how you are doing and answer any questions you may have.
- Elevate operative extremity on several pillows as often as possible to help with swelling.
- Ice operative site for 20 minutes every hour as needed for symptomatic relief.
- Crutches will be provided if you do not have them. You are to be non-weightbearing on your operative side unless told otherwise by your Doctor.
- Additional instructions: If taking pain medication, drink plenty of water and take fiber to avoid constipation.
- Keep your post-operative appointment at Coastal Orthopedics.

Any questions or concerns call our office staff at (361) 994-1166.

