

Discharge Instructions- Fracture

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The US is facing a crisis with opioids to the point that a National Emergency has been declared and new Florida law implemented, so we would like to provide you with some additional information regarding your medications. Opioid medications like Vicodin, Percocet, Oxycodone, Norco, and Oxycontin were created to treat intense pain by blocking receptors in your brain. They can be addictive for some patients even with only short-term use. Florida State law now limits prescriptions of these medications to 3 days. Medications like Tylenol (Acetaminophen), Advil (Ibuprofen), and Aleve (Naproxen) can be very effective in treating post-surgical pain, they work by helping the body reduce inflammation in the area where surgery was performed. These medications were created to treat moderate pain without impairing or addictive effects. You will likely still feel some pain after surgery, but this means that your body is healing. We have outlined your instructions to help improve and control your postoperative pain to tolerable levels.

We will still be providing you with a 3-day supply of opioids, but these are meant to be taken for intolerable pain only. For pain control outside of your prescription, we recommend taking extra strength Tylenol (500mg) every six hours and alternate with Ibuprofen (600mg) every six hours. These can be taken safely together unless you have a contraindication or have been instructed not to take them by your physician. You may have been provided with a prescription for Toradol (anti-inflammatory) for the first 2-3 days. After this, you can take Ibuprofen or another anti-inflammatory of your choice scheduled for the first week postoperatively to maximize pain control and decrease inflammation. The prescribed opioids like Oxycodone should be taken for breakthrough pain only.

Medications:

- When taking a narcotic (Percocet, Norco, Vicodin) we recommend you take a stool softener (Colace, Senokot) to help prevent constipation. This can be purchased over the counter. You should also drink at least 6-8 glasses of water and make sure your diet contains fruit, vegetables, and fiber.
- A prescription for Zofran 4mg should be requested if you are experiencing nausea and vomiting after surgery. Your pain medicine can also make you nauseated so take it with food.
- Ice machines and bags of ice can be used to ice your surgical site as needed. This may be done 4-5 times a day for 20 minutes at a time.

Wound Care:

- Keep incision clean and dry.
- DO NOT PUT any alcohol, lotions, or any other medications on your sutures.

Casts/Slings/Braces/Splints:

- If you do not have a cast, you may remove your dressing in two (2) days. Please wear your splint or brace at all times until your follow-up appointment with Dr. Sabesan. You may shower after you remove your dressing (2 days), but no tub bathing or soaking (swimming, hot tubs). When showering, let the water and soap run over your incision, do not scrub your incision directly.

- If you have a cast, keep the cast and dressing on until you are seen in the office at your follow-up visit. DO NOT get the cast or dressing wet. You may take a shower, but cover your splint with a cast cover or a waterproof protective dressing. If your splint gets wet, please call the office immediately.
- Do not put weight on your operative side before your follow-up appointment.

Home Exercises 4-5 times a day:

- Do gentle range of motion exercises of your hand and fingers. It is okay to remove your sling for PT and home exercises, as directed by your physical therapist or physician.
- Please continue PT exercises as instructed by your physical therapist if you've seen one.
- You should try to get out of bed at least three times a day.
- All Patients should:** Take their arm out of your sling to move your elbow and wrist, but not your shoulder. Move your elbow up and down, move your wrist in a circular motion and make a fist 10-15 times each hour to help reduce swelling and prevent stiffness in your hand and elbow.

Follow-up Appointment: You will have a follow-up appointment approximately two weeks after your surgery. During this visit your sutures/staples will be removed, and any further questions you have regarding the actual surgery performed or your postoperative care will be answered.

Driving: Legally we cannot recommend that you drive while wearing a sling, brace or splint. It is considered driving while impaired, and can be a legal issue if you are involved in an accident since you do not have full function of your limb. You should also not drive while taking any narcotic medicine (Vicodin, Percocet, Norco, Oxycodone, etc.).

When to call the Doctor:

- If you have a fever above 101.5
- Excessive Bleeding (example: you have to change the dressing numerous times)
- Foul odor or drainage from your incision, excessive redness, excruciating pain.
- Excessive pain not relieved by medication or rest
- Call Dr. Sabesan's office at (561)967-4400. On evenings, nights, and weekends the answering service will contact the provider on call or if you are concerned you may also go to your local emergency room.