



**BAY AREA ORTHOPEDIC**  
SURGERY & SPORTS MEDICINE

---

100 Hospital Drive. Suite 303 Vallejo CA 94589

Teodoro P. Nissen, M.D., Q.M.E.  
Fellowship Trained  
Board Certified

Joseph M. Centeno, M.D.  
Fellowship Trained  
Board Certified

## ***DISCHARGE INSTRUCTIONS FOR LOWER EXTREMITY FRACTURE REPAIR***

### **ANESTHESIA**

- You may feel dizzy, light-headed, or sleepy for the first 12-24 hours after your operation. You cannot drive, operate any mechanical or electrical devices, or drink alcohol. Do not make any important decisions for 24 hours, and as long as you are taking prescription narcotic medication.
- If you have had general anesthesia, it is normal for you to feel generalized aching, sore muscles, and have a strange taste in your mouth or possibly a sore throat. This is normal and will dissipate in 24-48 hours.
- Resume your diet gradually as tolerated.

### **ACTIVITY**

- Rest on the day of surgery. Physical therapy will depend on the type of surgery and repair performed. This will be discussed at your first post-op appointment.
- Do not put any weight on the operative leg.

### **ICE/ELEVATION**

- Ice (Cryocuff) to the operative area for the first 2-3 days is necessary to reduce swelling and pain. Recommend icing at 30-minute intervals. Always keep a towel between your skin and the ice.
- Elevate your leg on multiple pillows while lying flat on your back with your knee straight.

### **PAIN MEDICATION**

- Discomfort from the surgical site is normal and expected. Medications prescribed during your pre-operative appointment are to be taken as directed. You should have medication available to you when you leave the surgery center or a prescription will be provided.

## CARE OF DRESSING/SHOWERING

- **DO NOT GET YOUR BANDAGE WET UNDER ANY CIRCUMSTANCES.** Wet bandages increase the risk for infection. Keep dressing clean and dry.
- It is not uncommon to have small spots of bleeding show up on the outer aspect of the dressing. If this occurs, do not become alarmed. This type of bleeding typically stops overnight. If it seems to persist greater than 24 hours, please call my office.
- Do not remove the dressing.
- Report to our office any fever/chills, excessive swelling, redness to skin, discolored drainage, uncontrolled pain, persistent nausea/vomiting or any other concerns. Our office number is (707) 645-7210. Phones are attended to 24 hours/day.

## POST-OP VISIT

- Please call the office the next working day after surgery to let us know how you are doing and to confirm your follow-up appointment.

Patient: \_\_\_\_\_ RN: \_\_\_\_\_