



DISCHARGE INSTRUCTIONS FOR OPEN REDUCTION/CLOSED REDUCTION

Following broken bone surgery there are a few things that will aid in your recovery. They are simple to do and very important.

1. Keep your affected extremity elevated on at least 2-3 pillows. Keep ice on the operative extremity as much as you can tolerate. Never put ice directly on the skin. This will help decrease the swelling in the affected extremity and also help with discomfort.
2. Wiggle your toes, ankle, foot or fingers, hand, or wrist as much as you can tolerate. This will circulate the blood from your extremities to your heart.
3. You may shower if you cover the affected limb with a trash bag to keep splint or cast dry. Do not remove dressing. If your cast gets wet, attempt to dry with hair dryer. If you are unable to get cast dry, call the office and make them aware.
4. DO NOT stick anything in your cast or dressing for any reason. If so, you will have a high risk of skin breakdown and causing possible infection. Let the office know immediately if anything stuck inside of your cast. Try to use an ice bag or diversion if you are itching.
5. Take your pain pills as prescribed, but remember, narcotics can make you sleepy, nauseated or constipated so take them with plenty of food and water. You may take a mild laxative, or a stool softener, such as colace, as needed. You may take Ibuprofen 400-600mg every 4-6 hours as needed. You may take the Ibuprofen in conjunction with the prescribed pain medication. No alcoholic beverages while taking pain medications.
6. May resume home medications as directed by your physician. Diet as tolerated. No spicy or greasy foods recommended the day of surgery.
6. You have a follow up appointment scheduled with Dr. _____
on _____ at TALLGRASS or 29TH & URISH CLINIC
7. **CALL YOUR PHYSICIAN'S OFFICER AT 233-7491 IF YOU HAVE ANY OF THE FOLLOWING:**
 1. Pain not controlled with pain medication
 2. Fever of 101 for 2 consecutive days
 3. Nausea that does not subside after 24 hours after surgery
 4. Any questions or concerns.

WE STRONGLY SUGGEST A RESPONSIBLE ADULT REMAIN WITH YOU AT HOME TODAY AND TONIGHT FOR YOUR PROTECTION AND SAFETY. IF YOU HAVE ANY QUESTIONS, OR IF A PROBLEM DEVELOPS, PLEASE CALL YOUR PHYSICIAN IMMEDIATELY. IF YOU ARE UNABLE TO CONTACT YOUR PHYSICIAN AND YOU FEEL THIS IS AN URGENT SITUATION REQUIRING A PHYSICIAN'S ATTENTION, GO TO THE EMERGENCY ROOM CLOSEST TO YOU.

DESIGNATED CAREGIVER CONSENT

I WILL BE THE DESIGNATED DRIVER OF THIS PATIENT AFTER DISCHARGE FROM TALLGRASS SURGERY CENTER. I AM FULLY AWARE THIS PATIENT NEEDS CAREGIVING ATTENTION FOR THE FIRST 24 HOURS.

X _____
PATIENT/PATIENT FAMILY MEMBER

X _____
REGISTERED NURSE