

### 1. Dressing & Brace Care:

Keep your dressing & brace clean & dry. You may change your dressing as needed. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment. Swelling is normal and may persist for several weeks. If the brace feels too tight, ice & elevate the leg to reduce swelling. If you have progressive pain or numbness in the leg, call the office.

### 2. Medication:

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

Take an aspirin 325mg once a day to help prevent blood clots unless you are already on a blood thinning medication.

### 3. Activity:

No weight bearing is allowed on the affected leg for 8-12 weeks. Any walking or weight bearing even in the brace could result in a failure of the repair with displacement of the fracture. Wear the brace at all times.

Work on gentle passive range of motion of the knee in the brace daily as instructed. Knee flexion in the brace will gradually be increased as the fracture heals.

Therapy will be started at 6-8 weeks to work on restoring full motion and strengthening, progressing to full activity as tolerated. Expected time to complete recovery is 6 months.

You may begin walking at 8-12 weeks once X-Rays have shown the fracture to be healed.

### 4. General Instructions:

Apply ice to the knee (20min on /off) and elevate the leg to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, wound drainage or fever >100.5° F, call the office immediately.

If you develop any calf or thigh pain, increased swelling, chest pain or shortness of breath call the office immediately or go to the ER as these are symptoms of a deep venous thrombosis (blood clot) in the leg.

### 5. Follow-up Appointment:

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

*If you have any problems or concerns following surgery, please call our office at  
(616) 949-8945.*