

1. Dressing:

Keep your dressing 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. 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:

You may progress to full weight-bearing as tolerated on the leg following surgery. Limit activity to simple walking only with crutches or a walker as needed until your follow-up appointment.

You may gradually increase your activity level limited by pain in the leg as the fracture heals. Anticipated time to full recovery is 2-3 months.

4. General Instructions:

Apply ice to the leg (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 $>100.5^{\circ}$ 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.

6. Other Instructions:

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