



Mammoth Orthopedic
Institute

Mammoth Orthopedic Institute • 85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.924.4084

POST-OPERATIVE INSTRUCTIONS: TIBIAL PLATEAU ORIF

ACTIVITY

- You may NOT bear weight until cleared by your physician. You must use crutches to assist with walking; prepare for 8-10 weeks.
- Please use crutches or a walker to assist with walking.
- You may move your hip and knee as much as you can manage to reduce stiffness.
- Do not engage in prolonged periods of standing or walking during the first 7-10 days after surgery.
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks.

BRACE

- Brace is for your comfort only. It should be unlocked to allow full range of motion.
- After you have removed the dressings, please rewrap or cover the incisions so the brace does not irritate them.
- You can stop using the brace at the discretion of your therapist or as your comfort allows.

DRESSINGS & INCISIONS

- The first two days after surgery you can expect a small amount of red-tinged drainage on your dressings, this is normal.
- Please keep the dressing clean and dry; if you are going to shower/bathe, you must protect the dressing. You may not soak in a pool, lake, hot tub, or the ocean until the sutures have been removed and your incisions have completely healed.
- You may remove the dressing 4 days after surgery (white cotton wrap, white gauze pads, and yellow gauze tape).
- You may apply Band Aids® to the incisions or leave them open to air.
- Please do not use Bacitracin® or other ointments on the incisions.

PAIN & INFLAMMATION

- **Ice** - Apply ice bags wrapped in a dry towel several times per day for 20 minutes for the first week and then as needed for pain relief and inflammation.
- **Compression** - Use an ace wrap or the white stocking to decrease swelling. The white stocking should be worn for 5-7 days to prevent blood clots and decrease swelling in your knee.
- **Elevation** - Keep your foot **elevated above your heart** as much as possible for the first 3 to 4 days. Keep your leg elevated with a pillow under your calf or foot, **NOT under the knee**.
- **Pain Medication**- You have been given a prescription for pain control; please take as directed.
 - If you think you will require a refill on your medication, you **MUST** do so during our regular **weekday** office hours.
 - If you need additional pain medication you may take Tylenol 500-650mg every 4-6 hours. Do not take more than 3grams or 3000mg in a 24 hour period!
 - Common side effects of the pain medication are:
 - NAUSEA: To decrease nausea, take these medications with food.
 - DROWSINESS: Do not drive a car or operate machinery.
 - ITCHING: You may take Benadryl to alleviate any itching.
 - CONSTIPATION: To decrease constipation, use the stool softener provided (Docusate 250mg) or over-the-counter remedies (Mineral Oil, Milk of Magnesia, etc). Also avoid bananas, rice, apples, toast, or yogurt...as these foods can make you constipated. Getting up and moving around also helps with constipation and "waking up" your intestinal tract.
- Anti-inflammatory medications (Aleve, Ibuprofen, Naproxen, etc.) should **not** be taken for 2 weeks after surgery.

EMERGENCIES

- Please have someone stay with you for the first 24 hours after surgery
- Please call the clinic or the orthopaedist on-call if:
 - Drainage from the incision soaks the dressings, expands, is foul-smelling; or your incisions are red, warm, and extremely painful
 - You develop a fever ($>101.5^{\circ}$) or chills.
 - You experience leg or calf pain, leg swelling, or difficulty breathing.

FOLLOW-UP CARE

- Please **schedule a follow-up visit** for suture removal, and to review your surgery 10-14 days postoperatively.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL THE OFFICE (760-924-4084).