



Post Operative Instructions: Tibial Plateau ORIF Fracture

ACTIVITY

- Please remain non-weight-bearing for 6 - 8 weeks with the brace 0-90 degrees.
- Keep your brace locked for the first 48 hours. After this, you may begin bending your knee gradually up to 90° with the brace unlocked (0–90°) for short periods of time for the first two weeks, then range of motion as tolerated.
- Do not engage in prolonged standing or walking during the first 7–10 days after surgery.
- Avoid long periods of sitting without elevating the leg and avoid long-distance travel for 2 weeks.
- Avoid propping a pillow under your knee. Instead, prop up your heel so gravity can help fully extend your knee, as shown in the picture below.

BRACE

- When walking or moving around, the knee brace must be on and unlocked.
- When sleeping, you must wear the brace for the first four weeks.
- When sitting or lying down while awake (reading, watching TV, etc.), you may loosen the Velcro straps or remove the brace.



DRESSING & INCISIONS

- A small amount of red-tinged drainage on the dressing during the first 2 days is normal.
- Keep the dressing clean and dry; protect it while bathing or showering.
- Remove the dressing 5 days after surgery.
- You may apply Band-Aids to the incisions or leave them open to air.
- Do not apply Bacitracin or other ointments.
- Avoid soaking in pools, lakes, hot tubs, or the ocean until sutures are removed and the incision is fully healed.

PAIN & INFLAMMATION

Ice

- Apply ice wrapped in a dry towel 20 minutes at a time, several times per day for the first week, then as needed.

Compression

- Use an ACE wrap or white stocking to reduce swelling.
- The white stocking should be worn for 5–7 days to help prevent blood clots and reduce knee swelling.

Elevation

- Keep your foot elevated above heart level as much as possible for the first 3–4 days.

- Place a pillow under your calf or foot, not under the knee.

Pain Medications

- Take your prescribed medications as directed.

Tylenol (Acetaminophen)

- First-line for pain.
- Take 1000 mg every 6–8 hours.
- Do not exceed 1000 mg per dose or 4000 mg per day (limit to 3000 mg/day if you have liver issues).
- Do not drink alcohol while taking Tylenol.

Methocarbamol

- Helps with pain and muscle spasms.
- Take every 6 hours as needed.

Oxycodone

- For moderate to severe breakthrough pain only.
- Use sparingly and wean off as soon as possible.

Common side effects include:

- Nausea: Take with food.
- Drowsiness: Do not drive or operate machinery.
- Itching: Benadryl may help.
- Constipation:
 - Use stool softeners (e.g., Senna-Docusate) or OTC options (Mineral Oil, Milk of Magnesia, etc).
 - Avoid bananas, rice, apples, toast, and yogurt (may worsen constipation).
 - Light walking helps stimulate bowel function.

Refills:

- If you think you will need a refill, you must request it during regular weekday office hours.
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DVT PROPHYLAXIS

- Take Aspirin 162 mg daily for 6 weeks after surgery.
 - This is not for pain—it's to reduce the risk of blood clots (DVT/pulmonary embolism).
 - If you already take aspirin or other blood thinners, make sure your surgeon knows, as your plan may need adjustment.
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EMERGENCIES

You must have someone stay with you during the first 48 hours after surgery.

Call the clinic or the on-call orthopedist if:

- Drainage soaks the dressing, increases, smells foul, or if incisions become red, warm, or very painful.
 - You develop a fever >101.5°F or chills.
 - You experience leg or calf pain, swelling, or difficulty breathing.
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FOLLOW-UP CARE

- Schedule a follow-up appointment at ~2 weeks postoperatively for a wound check, suture removal, and review of your surgery (if not already scheduled).
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EXERCISES

- When you feel ready, you may perform each exercise 2–3 times per day.
- It may help to take pain medication 20–30 minutes beforehand and apply ice afterward.

Ankle Pumps:

1. Point toes downward and hold for 5 seconds
2. Point toes upward and hold for 5 seconds

Perform 2-3 sets of 10

