

Post-Operative Instructions

Hip Fracture Fixation

Activity

- Unless indicated otherwise, you can place your full weight on your operative leg (i.e. **weight bearing as tolerated**), you can use crutches for assistance.
- Avoid strenuous activities which will increase the pain or swelling of the leg until your follow up office evaluation

Pain Control

- Apply a covered ice bag to the leg (over the dressing) for 15 minutes as often as every hour. You may continue this for as many days as you like. Be sure to protect any exposed skin with a cloth to avoid a frost bite injury.
- You have been prescribed a pain medication that contains a narcotic. Do not drink alcohol, drive a car or operate heavy machinery while on this medication.
 - Do NOT take Tylenol (acetaminophen) while on this medication as it may cause an overdose.
- You may take anti-inflammatory medications such as Ibuprofen or Naprosyn (with food) in addition to the pain medication.

Wound Care

- **Do not remove your surgical dressing. Keep them clean and dry.** They will be changed during your postoperative evaluation.
- Sponge baths with assistance are recommended.
- You may experience slight bruising and swelling to the operative leg.

Follow-up Appointment

- Your follow-up appointment should be 10-14 days after surgery, please call the office if you do not have an appointment. We will review the findings from your surgery and remove your sutures during this visit.
- Please call the office with any questions or concerns, or if you experience any of the following: fevers (greater than 101°F), chills, increased numbness, swelling, pain, redness or increasing drainage at the incision.