

# BENJAMIN G. DOMB, M.D.

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## **Post-Operative Instructions** **ORIF Hip Fracture**

1. Remove the dressing on POD#7 (if silver dressing) & POD#2 (if other dressing)
2. Apply dressings as needed to wounds sites.
3. Follow your **weight bearing** precautions:
  - Walk with crutches or walker at all times.
  - You may place **ONLY** 20 lbs. of weight on the operated leg with a flat foot.
  - You may not place any weight on the operated leg
  - You may bear weight as tolerated
4. Please do not use bacitracin or other ointments under the bandage.
5. Use the cryocuff or ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help you control swelling. Do not wrap the ace too thickly or the cryocuff will not penetrate.
6. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
7. Do not soak the hip in water or go swimming in the pool or ocean until your incisions are healed.
8. Driving:
  - a. If surgery was on your right hip, driving is not permitted until after you are released from crutches by Dr. Domb, usually at your post-op visit. If surgery was on your left hip, driving is not permitted before post-op day #5, and then only if you have stopped taking pain medicine and feel you can drive safely.
9. Please call the office to schedule a follow up appointment 10-14 days if you do not already have an appointment scheduled.
10. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
11. You may experience some low back pain due to muscle spasm from epidural, anesthesia or traction. If so, apply an ice pack to the area and take analgesics as prescribed.
12. Lovenox 40mg injected once daily x 2 weeks or other anticoagulation regimen should have been provided. Take as directed to prevent blood clots. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please let us know.
13. Discontinue pain meds when able
14. Do not take anti-inflammtories, research shows this may prevent fracture healing

### **Additional Weight Bearing Instructions:**

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### **Brace Instructions:**

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**If you have any questions feel free to call our office.**