



**DISCHARGE INSTRUCTIONS FOR OPEN REDUCTION/CLOSED REDUCTION**

1. Keep your affected extremity elevated on at least 2-3 pillows. Keep ice on the operative extremity as much as you can tolerate throughout the day for 2-3 days following surgery. This will help decrease the swelling in the affected extremity and also help with discomfort. Never put ice directly on the skin.
2. Wiggle your toes, ankle, foot or fingers, hand, or wrist hourly while awake until seen by your surgeon. This will circulate the blood from your extremities to your heart and help prevent blood clots.
3. You may shower if you cover the affected limb with a trash bag to keep splint or cast dry. Do not remove dressing. If your cast gets wet, attempt to dry with hair dryer. If you are unable to get cast dry, call the office and make them aware.
4. DO NOT stick anything in your cast or dressing for any reason. This will increase your risk of skin breakdown and cause a possible infection. Let the office know immediately if anything is stuck inside of your cast. Try to use an ice bag or diversion if you are itching.
5. Take your pain pills as prescribed, but remember, narcotics can make you sleepy, nauseated or constipated so take them with plenty of food and water. You may take a mild laxative or a stool softener, such as Colace, as needed. No alcoholic beverages while taking pain medications.
  - You may take Ibuprofen 400-600mg every 4-6 hours as needed for pain in addition to your prescription.
  - You may **NOT** take any additional:     Tylenol(Acetaminophen)     Motrin(Ibuprofen, Advil, Aleve)
  - Your anesthesiologist recommends you take Bonine(Meclizine) 25mg (for nausea) one tablet at bedtime tonight and then every 12 hours while you are taking your prescription pain medication. You will not need a prescription, please ask your pharmacist.
6. May resume home medications as directed by your physician. Diet as tolerated. No spicy or greasy foods recommended the day of surgery.
7. You have a follow up appointment scheduled with Dr. \_\_\_\_\_  
 on \_\_\_\_\_ at TALLGRASS or 29<sup>TH</sup> & URISH CLINIC

**CALL YOUR PHYSICIAN'S OFFICE AT 233-7491 IF YOU HAVE ANY OF THE FOLLOWING:**

1. Pain not controlled with pain medication
2. Fever of 101 for 2 consecutive days
3. Nausea that does not subside after 24 hours after surgery
4. Redness or drainage from the incision sites
5. Any questions or concerns.

WE STRONGLY SUGGEST A RESPONSIBLE ADULT REMAIN WITH YOU AT HOME TODAY AND TONIGHT FOR YOUR PROTECTION AND SAFETY. IF YOU HAVE ANY QUESTIONS, OR IF A PROBLEM DEVELOPS, PLEASE CALL YOUR PHYSICIAN IMMEDIATELY. IF YOU ARE UNABLE TO CONTACT YOUR PHYSICIAN AND YOU FEEL THIS IS AN URGENT SITUATION REQUIRING A PHYSICIAN'S ATTENTION, GO TO THE EMERGENCY ROOM CLOSEST TO YOU.

**DESIGNATED CAREGIVER CONSENT**

I WILL BE THE DESIGNATED DRIVER OF THIS PATIENT AFTER DISCHARGE FROM TALLGRASS SURGERY CENTER. I AM FULLY AWARE THIS PATIENT NEEDS CAREGIVING ATTENTION FOR THE FIRST 24 HOURS.

X \_\_\_\_\_  
 ESCORT/PATIENT FAMILY MEMBER

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 REGISTERED NURSE