

POST-OPERATIVE INSTRUCTIONS: TIBIAL SHAFT FRACTURE FIXATION

Pain Medications

- In most cases local or regional nerve blocks will provide 8-12 hours of numbness. As soon as you start to feel the numbness wearing off, begin taking oral pain medication.
- Take **Tylenol** 500mg one tab every 8 hours.
- Take **Aleve (Naproxen)** 220mg two tabs (440mg total) every 12 hours with food.
- If you still have pain after Tylenol and Aleve/Naproxen, take one **Norco** or **Percocet** tablet..
- If you still have pain after all of the above, take a second Norco or Percocet tab.
- Keep in mind Norco and Percocet have Tylenol in them (325mg). If you take an extra tab, then skip a dose of Tylenol. **DO NOT exceed 3500mg of Tylenol over 24 hours.**
- It is illegal to drive or operate machinery with narcotic medications.
- Do not combine alcohol or other sedatives with narcotic medications.
- You do not need to take pain medications once you no longer have pain. You should stop the narcotic first (usually 3-5 days), then wean off the others over the next few weeks.

Other Medications

- Take your prescribed blood thinner (Lovenox, Xarelto, etc.) for 4 weeks to prevent blood clots.
- Take **Zofran** as needed for nausea (usually associated with anesthesia/narcotic meds).
- Take an over-the-counter stool softener (Docusate/Senna/Miralax) as needed for constipation.

Activity

- Use crutches, a cane, or a walker to assist with ambulation.
- You may progressively increase weight on your operative extremity while ambulating with assistance.
- Elevate your operative extremity above the heart as much as possible to decrease swelling.
- Avoid prolonged periods standing to prevent excessive pain and swelling.

Cold Therapy

- We recommend cold therapy use as much as possible in the first two weeks.
- Cold therapy units may be used continuously as instructed.
- Ice packs should be applied 30 minutes at a time, with 30 minutes off between applications.
- Do not apply ice directly to the skin to avoid burning.

Recovery Exercises

- You may perform quad sets, heel slides, and ankle exercises as instructed in your preoperative packet.
- Your motion goal should be to have 0-90 degrees of knee and ankle motion at your 6 week visit.
- Begin physical therapy immediately after surgery.

Diet: Please refer to your preoperative packet instructions.

Incision Care: Please refer to your preoperative packet instructions.

Emergencies: Please refer to your preoperative packet instructions.