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Tibia Tuberosity Fracture ORIF Instructions

Dane Todd, MD

1. **Elevate and Ice** the leg for 72 hours after surgery. The knee should be at or above the level of your heart. Do not place any pillows behind the knee. Pillows should be behind the foot.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Medications can cause constipation, so drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period. Wean off the pain medications as soon as possible after surgery.
3. **Brace/Cast/Splint** – Keep the cast or splint clean and dry. Do not insert any objects into your cast/splint to relieve itching as this can cause scratches in the skin that can become infected. If you are wearing a brace, keep it locked in full extension at all times until follow up. Do not perform any range of motion of the knee.
4. **Showering** – You may shower 3 days after surgery, but must keep the cast/splint completely dry at all times.
5. **Driving** – You may drive once you are completely off all pain medications and feel comfortable doing so. Make sure to leave yourself extra space and time to stop and avoid any sudden movements.

Questions please call: # 402-488-3322

Fax: 402-488-3336

Patient Name: _____

Surgery Date: _____

Surgery Performed (circled) Side (circled): Right Left
Tibial Tuberosity Fracture ORIF

Weight Bearing Status –
Full weight bearing in extension with crutches

Notes: _____