

What To Expect After Surgery

LOWER EXTREMITY SPLINT (FRACTURE/ACHILLES REPAIR)

Post-Operative Care

- You will be in a splint for approximately 14 days after surgery – this should stay on at all times.
- The splint will be removed at your first post-op visit and you will be transitioned to a post-op brace, cast or new splint
- Ice the area several times per day for 30 minutes at a time over the dressings
- You should be able to return to work/school as soon as you feel comfortable, likely 2-5 days.
- Lower body – use crutches as instructed
- Keep the splint/dressings clean and dry at all times.
- Elevate the involved extremity as much as possible

Pain Control

- Ice will help control swelling and pain
- We recommend you take the pain medication as prescribed for the first 24-48 hours, then decrease as tolerated.
- Even with pain medication, some discomfort or pain is normal, however if you are experiencing a significant increase in pain after 24 hours, please notify our office at (205)939-3699.
- You should receive a prescription for pain medicine and anti-nausea medication before leaving the hospital

Infection Prevention

- Infection prevention is always one of our primary goals.
- You received an antibiotic through your IV at the time of surgery and will not need an oral antibiotic
- It is normal to have swelling, discomfort, and a low grade fever (<100 degrees).
- Notify our office if you have marked and sudden increase in pain after 24 hours or persistent fever >100 degrees
- Do not remove the splint or dressings. These will be removed at your post-operative visit.

Physical Therapy

- Physical therapy will begin after your post-operative recheck.

Follow-Up

- **We recommend that you not drive until you are off all pain medication and can safely maneuver the car without putting yourself or others at risk. You MAY NOT drive if you are wearing a splint, cast or boot on the Involved extremity.**
- You will receive a black post-op folder before leaving the hospital with your follow-up appointment, surgery pictures (if applicable), discharge instructions, etc