



Dr. Christopher Hajnik

Post-Operative Instructions: Fractures

1. Note: If you have any further questions, please feel free to call Dr. Hajnik's office at any time. If there is an emergency, please go to the nearest emergency room and call Dr. Hajnik's office so he can make sure you receive the appropriate care.

2. Follow - up: Please call the office to schedule a follow-up appointment. The appointment should be from 1- 2 weeks after the surgery unless otherwise directed by Dr. Hajnik.

3. Dressing/Splint Care: Please leave the splint or dressing in place until your follow-up visit with Dr. Hajnik. You should be non-weight bearing on the splinted, operative extremity unless otherwise directed by Dr. Hajnik.

4. Ice and Elevation: Please keep the extremity elevated. Elevation is especially important for the first 2 – 3 days. In addition, you should ice in 20 minute intervals (20 minutes on and 20 minutes off). Place a wash cloth between the ice and your skin. Finally, please remember to ice and elevate after physical therapy sessions and exercise.

5. Pain Medication: You will be provided with a prescription for pain medication when you leave the hospital. Please take as directed. As your pain subsides, please transition to Tylenol instead of your prescribed pain reliever. Do not take Tylenol in addition to your prescribed pain reliever.

6. Diet: You may eat whatever you would like.

7. Physical Therapy and CPM: You will be provided with a Physical Therapy referral either in the hospital or at your first post-operative visit. You will also be provided with Dr. Hajnik's preferred protocol for rehabilitation after surgery. The therapist should follow this protocol. If you need help finding a therapist, please call the office for a list of therapists near your home or work.

8. Special Equipment:

9. Other concerns:

a. *Fever*: A temperature of up to 101.5 degrees Fahrenheit is expected for the first 2 - 3 days following surgery. Continue taking your prescribed pain reliever as directed and this should relieve your fever. Please call the office for any fevers in excess of 102 or that do not respond to your prescribed pain medicine.

b. *Swelling / Bruising*: It is normal for the extremity to become mildly swollen after surgery. You may also notice some bruising.

c. *Showering*:

Arthroscopic Surgery: You may shower and get the wounds wet after your splint/dressing is removed and the incision is dry. DO NOT take a bath.

Open Surgery: You may shower 1 week following surgery. DO NOT soak the wound in a bath or pool.

Physician Name: Christopher Hajnik, MD Signature _____

I hereby acknowledge receipt of the instruction indicted above. I understand that I must make arrangements for my post-operative follow-up care with Dr. Hajnik.

Patient Signature _____

Witness _____

Relationship: _____