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DELAWARE ORTHOPAEDIC SPECIALISTS

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Discharge Instructions

Hip Fractures

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Full weight bearing as tolerated with no restrictions.
- USE A WALKER TO ASSIST WITH WALKING.**
- Pain:** Take pain medication as needed. Please contact the office at 302-655-9494 if your pain is uncontrolled.
- Ice:** Ice is an excellent source for pain, relief, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302-655-9494 after discharge from hospital to schedule a follow up appointment for 2-3 weeks after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call 302-655-9494 for assistance.
- Wound Care:** Change dressings on 3rd day from surgery. Place a dry dressing as needed if drainage from incisions. May leave incisions open to air if there is no drainage from incisions.
- Showering:** It is OK to wash leg with soap and water. **DO NOT SOAK** leg in a tub or swim in pools until instructed otherwise. It is OK to sit in a shower chair and let water go down leg.
- Sutures:** Your sutures or staples will be removed at your follow-up visit.
- DVT:** Take medication to try to prevent blood clots as recommended (Usually Lovenox or Xeralto) until completed. If you were not prescribed a medication for blood clots take aspirin 325 mg 2 times per day until your follow up appointment.