

## Discharge Instructions for Dr. Harry Shaia's Femur Fracture Patients

- Be sure to lay down at least twice each day with your feet elevated up above the level of your heart.
- Walk a little bit more each day as your pain and endurance allow. Only put up to 5 pounds of weight on your leg (for balance) as your pain allows. Do not put more than 5 pounds of weight on your leg.
- Change the bandage on your incisions daily until there is absolutely no drainage from the incisions for 2 days. Then you may leave them open to the air. Once there has been no drainage for 72 hours you may get the incisions wet in the shower. **DO NOT SOAK OR SUBMERGE THE INCISION.**
- A nurse will come to your home on Mondays and Thursdays to draw your blood. We will use this information to adjust your coumadin as needed.
- Follow-up with me in my office 2 weeks after surgery.
- If you have an increase in the amount of pain or swelling, redness or increased drainage from your incisions, or fever greater than 101, call. If you have any questions, call my office 545-0215.