

**Tibial Shaft Fractures**  
**POST OPERATIVE INSTRUCTIONS**  
**Michael F Shepard M.D.**  
**(714) 634-4567**

**1. First Post – Operative Day**

- A. Continue ice pack every one to two hours while awake.**
- B. Pain medication as needed.**

*DO NOT place ICE directly to the skin – this will result in a burn and potentially serious wound complications. Always keep a pad between the ice and the skin.*

**2. Second Post – Operative Day Until Return Visit**

- A. Continue ice pack as needed.**
- B. Keep your splint clean and dry.**
- C. You may not place any weight on your operated extremity. Use your crutches for movement and balance.**

**NO WEIGHT BEARING ON THE OPERATED SIDE**

**3. Suture Removal**

- A. Your sutures need to be removed at your first post op visit. Rehab should start after your first visit. You will be placed into a walking boot at this time.**

**For Return Appointments**

- 4. Your 1<sup>st</sup> post-op visit will need to be scheduled for 5-10 days after surgery.**
- 5. If you have any problems or questions please call our office at (714) 634-4567 during offices hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Shepard.**
- 6. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.**