

ORIF (Open Reduction Internal Fixation)

What is an ORIF surgery? An ORIF (open reduction internal fixation) is performed to fix a fracture/ dislocation of a bone and/ or joint. It entails using screws, pins and/ or a plate on the fracture site.

Doctor's Orders:

- ***Strict NON weight bearing** (meaning do NOT place foot down on the ground) for 6 weeks in a non removable fiberglass cast. This may mean you have to hop on your other foot.
- ***Then weight bearing as tolerated for additional 4 weeks in a non removable fiberglass cast or boot.**
- ***Then weight bearing as tolerated for additional 4 weeks in a cam walker boot.**
- ***If you are diabetic these time frames will be increased.**
- ***Keep foot elevated above heart level to reduce swelling for the first 2-3 weeks or as long as it takes for you.**
- * **Minimal activity.**
- ***You will need the assistance of crutches, walker, roll-a-bout, and/or wheelchair during the NON weight bearing weeks.**
- ***Do not immerse operated foot/ ankle in water,**
- ***DO NOT GET CAST WET! If cast gets wet, call the clinic ASAP. Go to ER if on weekend.**
- ***Do not place any items down into the cast for any reason; please call the nurse for advice.**
- ***Keep cast/ cam walker boot clean and dry.**
- ***You will need to plan for clothing to fit over the cast or cam walker boot.**
- ***You may not drive for 6 to 10 weeks post-op, maybe longer if complications or other procedures are included in your surgery not noted above.**

Usual post-op procedure:

- ***You will be placed in splint at the surgery center or hospital.**
- ***You will leave the surgery center or hospital with a prescription for pain medicine and anti-nausea medicine.**
- ***There will be continued bleeding for several hours after surgery, the blood may be visible through the splint/ dressing; this is expected. Should the bleeding be such that it is leaking or dripping from the splint/ dressing, please contact the office for advice and an appointment.**
- ***First post-op visit is 2-3 weeks from surgery date, this is both a wound check/ suture removal and to place you in the first non removable fiberglass cast.**
- ***You will have residual swelling; this should resolve over a 4-6 month period from your surgery date.**

Some Potential Complications:

- ***Infection of incision site.**
- ***Excessive activity may cause increased pain and swelling; which can lead to other complications.**
- ***Non-union of surgical site.**
- ***Repeat surgical procedure.**
- ***Tobacco use increases the risk of complications and inhibits healing.**
- ***Certain medical conditions increase the risk of complications and inhibit healing.**

If you have any questions please do not hesitate to call our office.

I have read and understand the above surgical protocol. All questions were answered in a language I understood.

Signature of Patient or Authorized Signature for Patient

Date