



**Leg in Plaster
Patient Information
Medication Information**

Gavin Anthony Nimon

M.B.,B.S. F.R.A.C.S. (Orth) F.R.C.S (Ed)

Consultant Orthopaedic Surgeon

Specialising in Shoulders, Hands, Knees and Sports Injuries

Glenelg Orthopaedics

47 Broadway

Glenelg South 5045

Ph 8376 9988

Web <http://www.glen-orth.com>

Fax 8219 0046

A/H 8378 2179

Leg in Plaster

Instructions for Patients

1. Patient should elevate leg as much as possible for first 7 days. It is important you elevate and rest your leg either in bed or when seating, elevate your leg with a foot stool/ pillows so it is level with, or ankle higher than your heart.
2. Should leg , ankle, or foot become increasingly painful, which is not settling with rest and elevation, then contact me **ASAP** on number below or if no response then go to the casualty department of major hospital **ASAP**.
3. Patient to be encouraged to move toes left free, as pain allows, as soon as possible. Mobilisation is to be directed by Dr Nimon.
4. **Do not** insert anything inside the plaster and avoid getting the plaster wet. If any edges of the plaster become rough they can be trimmed as instructed or covered with tape for comfort. Please contact us if unsure.
5. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day.

If however pain suddenly increases, wound swells or redness or fluid discharges, please contact me ASAP.

Pager available on 8378 2179.

Medication Information

Panadeine Forte or Tramadol

Used for severe to moderate pain.

Potential side effects: nausea, vomiting, constipation, alteration in alertness. Can interfere with alcohol.

These analgesics are very similar in their action and you may be prescribed one **OR** the other **NOT** both.

The recommended dose is X 2 tablets 4-6 hourly. This is only used up to 6 weeks following surgery.

Endone

A moderate to strong analgesic used **short term** following surgery.

Potential side effects: nausea, vomiting, constipation, drowsiness/confusion.

Can interfere with some Beta blockers. Can interfere with some antidepressant medication.

Do not take with alcohol.

Digescic/Capadex

An analgesia used for mild to moderate pain .

Potential side effects: nausea, vomiting . It is usually prescribed to be taken 4-6 hourly 3-4 times a day .

Nurofen

Used for temporary relief for minor pain.

Potential side effects: stomach ulceration (Must be taken with food)

Can interfere with Beta blockers, Digoxin.

Asthmatics should not take this medication.

These analgesics are usually used short term. Panadol / Panadeine should be sufficient during the longer recovery period