

Reminders to Patients that have Orthopedic Surgery

1. Must watch for breathing and skin color at all times.
2. Observe conditions of plaster, bandage, or blood circulation on far side of limbs from clamp, including color and temperature of fingers or toes.
3. Turn body over every 2 hours for avoiding bedsores, and also must cleanse and massage skin frequently.
4. Should have nutritious balanced diets, and avoid drinking too much of milk a day, 1-2 glasses is most appropriate amount, and take more vitamins.
5. If long bone has fracture, then should watch for anemia conditions at all times.
6. Healing time for different types of fractures:

Fractured Part	Week(s)
(Phalanges) phalangeal bone	3-5
metacarpal bone, carpal bone	6
radius, distal ulna	10-12
clavicle	6-10
vertebra	16
pelvis	6
femur	10-18
shin bone	8-20
calcaneus	12-16