



Procedure Information – Open Reduction and Internal Fixation

Visit No.: Dept.:
Name: Sex/Age:
Doc. No.: Adm. Date:
Attn. Dr.:

Page No:

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Patient No.: PN

*Please fill in /
affix patient's label*

Introduction

An open reduction and internal fixation is an operation used to fix broken bones. The internal fixation implants such as metal screws, plates, rods or pins are placed on the bone to keep the broken bone in place while it heals. The implants may need to be removed after the fracture healed.

Indications

It can repair fractures that do not heal properly with casting or splinting alone, fractures with displacement and conditions need early motion.

The Procedure

1. The procedure will be performed under general anesthesia.
2. Doctor will make an incision in the skin over the bone, the broken bone is placed back in its normal position, and the implants are applied to hold the bone together.
3. X-ray may be taken after the implants are attached.
4. The wound is closed with stitches or staples, and a cast or splint will be put on to protect the wound.

Risk and Complication

1. Wound infection.
2. Pain and swelling.
3. Trouble moving the affected part of body.
4. Bone non-union or delayed union.
5. Implant displacement, loosening or breakage.
6. Pulmonary embolism (blood clots in the lungs).
7. Increased pressure causing damage to muscles and tissue.
8. Damage to nerve causing reduced feeling.
9. Surgical instruments or implant may be broken off and retained at the surgical site during operation.

Before the Procedure

1. You will need to sign a consent form and your doctor will explain to you the reason, procedure and possible complications.
2. Inform your doctor of any medical condition and any medications you are taking. The medications may need to be adjusted as appropriate.
3. Fast for 6-8 hours before the operation.
4. Blood tests, X-ray, correct and optimizing existing illness e.g. diabetes, asthma.
5. Treat and optimize existing disease conditions, e.g. ischemic heart disease, hypertension, diabetes mellitus, anemia, lung disease.



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After the Procedure

A. Post-operative Management

1. Close observation of vital signs and wound at initial phase.
2. The wound will be covered with a sterile waterproof dressing.
3. Resume diet according to doctor's order.
4. Provide intravenous therapy, analgesics and antibiotics according to doctor's prescription.
5. The patient should breathe deeply to prevent pneumonia.
6. The affected limb should be raised to help reduce swelling and/or pain.
7. The patient may resume light activities after the operation, early mobilization can promote a rapid postoperative recovery.
8. The patient may follow the exercise program as recommended by the doctor.
9. The hospital stay is typically 1 - 7 days which may vary with health condition of the patient.

B. Discharge Management

1. Heavy lifting and vigorous exercises should be avoided for 3 - 12 months until the broken bone is completely healed.
2. The patient must ensure the wound site is kept clean and dry, the dressing should be changed daily.
3. Prolonged bed rest can slow down blood circulation and increase the likelihood of developing deep vein thrombosis. Some gentle physical exercise is strongly advised.
4. If massive bleeding, severe pain, fever, wound redness and swelling or with smell and discharge, consult doctor immediately.
5. Follow up on schedule as instructed by your doctor.

Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

Reference

Hospital Authority – Smart Patient Website

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____ . I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Patient / Relatives Name

Signature

Relationship (If any)

Date