



Procedure Information Sheet

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.

Indication

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

The Operation / Procedure

1. The procedure will be performed under general anesthesia.
2. Doctor will made 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.

Before the Operation / Procedure

1. Doctor will explain to patient about operation procedure, risks and complications, patient has to sign a consent form.
2. The patient should inform the doctor if currently taking any regular drugs or medications, e.g. medications for antidiabetes, heart disease or blood pressure, Chinese medicine or dietary supplements.
3. Body check up as doctor's order will be done before operation, eg. blood tests, urine routine, ECG and X-ray.
4. Fasting for 6 hours prior to the procedure.

After the Operation / Procedure

1. Post-operative Management
 - 1.1. Close observation of vital signs and wound at initial phase.
 - 1.2. The wound will be covered with a sterile waterproof dressing.
 - 1.3. Resume diet according to doctor's order.
 - 1.4. Provide intravenous therapy, analgesics and antibiotics according to doctor's prescription.
 - 1.5. The patient should breathe deeply to prevent pneumonia.
 - 1.6. The affected limb should be raised to help reduce swelling and/or pain.
 - 1.7. The patient may resume light activities after the operation, early mobilization can promote a rapid postoperative recovery.
 - 1.8. The patient may follow the exercise program as recommended by the doctor.
 - 1.9. The hospital stay is typically 1 – 7 days which may vary with health condition of the patient.
2. Discharge Management
 - 2.1. Heavy lifting and vigorous exercises should be avoided for 3 – 12 months until the broken bone is completely healed.
 - 2.2. The patient must ensure the wound site is kept clean and dry, the dressing should be changed daily.
 - 2.3. Prolonged bed rest can slow down blood circulation and increase the likelihood of developing deep vein thrombosis. Some gentle physical exercise is strongly advised.
 - 2.4. Take medicine and follow-up as advices.
 - 2.5. If massive bleeding, severe pain, fever, wound redness and swelling or with smell and discharge, consult doctor immediately.

Patient's Label

Patient Name: _____
Hospital No: _____
Adm No/Episode No: _____



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. Increased pressure causing damage to muscles and tissue.
6. Pulmonary embolism (blood clots in the lungs).
7. Implant displacement, loosening or breakage.
8. Damage to nerve causing reduced feeling.

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Union Hospital, Operation Information: Open Reduction and Internal Fixation (2013)

<p>Patient's Label Patient Name: _____ Hospital No: _____ Adm No/Episode No: _____</p>
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Patient's Signature: _____ Date: _____