



Intertrochanteric Nail for Hip Fracture Manual

Dr. Edward Szalapski



EXPLANATION FOR PROCEDURE

Patients who suffer an intertrochanteric hip fracture require urgent internal fixation to ensure the strongest fixation and quickest recovery possible. The components utilized in the procedure are some of the strongest hardware utilized in orthopedics. During surgery, a titanium rod is placed in the hollow part of the thigh bone (otherwise known as the femur). Then, a screw is placed into the head of the femur to hold the fracture in the appropriate position for healing. The strength of the components ensures that the patient may begin to ambulate as quickly as possible after surgery to minimize physical decline and minimize pain.

WHAT TO EXPECT AFTER SURGERY

You will likely be in the hospital at least 1 night after surgery. The length of stay after surgery is dependent on your other medical conditions. You will need to be medically stable to leave the hospital.

Immediately after surgery, you will be getting up out of bed with the help of physical therapy and you will begin to weight bear as you tolerate. This is a very important step in your recovery.

Generally speaking, the first 3 weeks after surgery are the hardest with regard to pain and general mobility. In addition, it takes about 6-8 weeks for the body to heal the fracture. In some instances this time frame can be longer. After bone healing, most patients can expect improvement in strength and endurance for up to one year.

FOLLOW UP CARE

You will see Dr. Szalapski's care team for a series of x-rays to ensure the bone is healing appropriately, and for inspection of the wound.

Depending on your age and medical status, you may need to have your bone density tested to check for osteoporosis. Please inquire about this at your follow up visits.