



**EVANGELISTA ORTHOPEDIC CLINIC**

6740 East Camelback Road, Suite 101  
Scottsdale, AZ 85251  
480-656-0291

Gregory T. Evangelista, M.D.

Amanda Damiris, PA-C

## **Fracture Recommendations**

### **Vitamin C:**

**Recommendation: 500-1500 mg per day for 6 weeks**

Note: The synthetic and natural forms of vitamin C are identical in their function and absorption rates. Therefore, choose a brand that you like. Some patients may get stomach irritation with vitamin C. If this occurs, take a form which is “buffered.” Buffered forms have the ingredients CALCIUM ASCORBATE or SODIUM ASCORBATE. Most commercial vitamin C products are made from corn. Therefore, if you are sensitive to corn, look for products made from rose hips, acerola, or sago palm.

### **Vitamin D:**

**Recommendation: 800 IU per day for 6 weeks**

Note: Many physicians are now recommending vitamin D as a daily supplement for people of all ages.

### **Calcium:**

**Recommendation: 1200 mg per day for 6 weeks**

Note: Many physicians are now recommending calcium as a daily supplement for people of all ages.

### **Protein:**

**Recommendation: 20-25 mg three times a day**

Note: There are many protein supplements available. The quality of the protein depends on the source. The best sources are egg albumin and whey. Typically there come in the form of powders, which are then mixed with milk, juice, or water. There are also nutritional products (i.e. Boost™) which work very well as protein supplements.

### **Nonsteroidal Anti-Inflammatory Drugs (NSAID’s):**

**Recommendation: Avoid all nonsteroidal anti-inflammatory drugs unless instructed otherwise**

Note: There is a scientific evidence that nonsteroidal anti-inflammatory drugs (i.e. ibuprofen™, naproxen™, Aleve™) may slow down or stop the healing process of bones, tendons, and ligaments.



## **Cigarettes and other Nicotine Containing Products:**

**Recommendation: Avoid all cigarettes and other nicotine containing products.**

Note: There is scientific evidence that cigarettes and other nicotine containing products may slow down or stop the healing process of bones, tendons, and ligaments. In addition, they also increase the risk of wound complications, including infection. There is a dose dependent relationship between these products and complications (more cigarettes equates to more complications, fewer cigarettes equates to complications). Therefore, if you can't stop smoking, please reduce the number of cigarettes per day as much as you can because every little bit helps.

## **Osteoporotic Fractures:**

**Recommendation: All patients with an osteoporotic fracture should take calcium and vitamin D. Please follow up with your primary care physician regarding the possibility of taking an anti-osteoporotic drug (i.e. Fosamax™) on a regular basis.**

Note: Osteoporosis effects many people and becomes more prevalent as we age. By definition, it is a decrease in bone mass. This places people at an increased risk for fractures. The diagnosis is typically made by bone density studies. Treatment decisions regarding osteoporosis are generally made by your primary care doctor or endocrinologist. The most common fractures associated with osteoporosis are vertebral (spine), proximal femur (hip), proximal humerus (shoulder), and distal radius (wrist). If you are older than 60 and sustain one of these fractures, the American Academy of Orthopaedic surgeons recommends that you take calcium and vitamin D or an anti-osteoporotic drug (ie Fosamax™) indefinitely. The treatment is recommended not only for your current fracture, but to prevent fractures in the future. The long term management of osteoporosis should be a decision you make after a discussion with your primary care physician.

## **Weight Bearing Status and Therapy:**

**Recommendation: Follow your physician's instructions**

Note: There are many different fractures and the treatment depends on a number of variables. Some fractures require surgery, some are treated with immobilization (ie cast), while others don't require surgery or immobilization. Likewise, some fractures are treated with therapy, while others are not. In addition, sometimes you are permitted to put your full weight on the injured part, while other times no weight is allowed. Your physician will go over your specific treatment plan with you. Please be aware that the treatment plan usually changes as you progress.

If you have any questions about these guidelines, your procedure or the rehabilitation process please do not hesitate to call us at **480-656-0291**