



A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

Trauma Care Guideline

Optimal Timing of Femur Fracture Stabilization in Polytrauma Patients

Purpose:

To communicate evidence-based guidelines related to the timing of fracture stabilization in femur fractures.

Guidelines:

Based on recommendations from EAST:

Findings indicate that internal fixation of femur fractures in less than 24 hours after injury may be associated with a reduction in mortality, infection, and VTE. Early stabilization of femur fractures shows a trend toward lower risk of infection, mortality, and VTE. Therefore, the panel concludes that the desirable effects of early femur fracture stabilization probably outweigh the undesirable effects in most patients.

Recommendation:

In trauma patients with open or closed femur fractures, we suggest early (<24 hours) open reduction and internal fracture fixation.

Eastern Association for the Surgery of Trauma Practice Management Guidelines Committee (2014). Optimal Timing of Femur Fracture Stabilization in Polytrauma Patients — Update . Retrieved from:

<http://www.east.org/resources/treatment-guidelines/optimal-timing-of-femur-fracture-stabilization-in-polytrauma-patients-update>

