

POSTOPERATIVE INSTRUCTIONS



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Please Read Carefully

1. You have just had a surgical operation. A limited amount of discomfort and swelling is to be expected. In some cases, the skin may take on a bruised appearance. This is no cause for alarm.
2. The area of your foot/ankle/leg(s) that has been operated on may be numb for several hours.
3. While riding home, place the operated foot/ankle/leg(s) on the seat in the back of the car.
4. Fill your prescriptions immediately and take all medications exactly as prescribed. NO ALCOHOLIC BEVERAGES ARE TO BE CONSUMED.
5. After arriving home, lie down and elevate your foot/ankle/leg(s) by placing one or two pillows under your feet. Always keep your foot/ankle/leg(s) elevated during periods of rest at the level of your heart. (Toes to Nose!)
6. You are permitted to get up for meals and to go to the bathroom as needed. For the first few days try to get up only as necessary and:
 - Bear as little weight as possible on that portion of you foot/ankle/leg(s) which was operated on. ALWAYS wear your surgical shoe/boot for ALL walking and be careful not to fall or bump your foot/ankle/leg(s).
 - DO NOT PLACE ANY WEIGHT ON YOUR OPERATED FOOT/ANKLE/LEG(S). Please use your crutches, walker or wheelchair as instructed. DO NOT remove any splints/casts or dressings unless instructed to do so by your surgeon.
 - Every hour while awake, take 15 large deep breaths and perform 30 ankle pumps and 30 knee flexion and extension exercises with both legs (if you have a cast or boot on your operative site, do not perform ankle pumps on that side unless instructed otherwise by your physician.
7. It is not unusual for bandages to be spotted with blood, but if it continues for more than 24 hours or becomes excessive (dripping from bandages) call the office.
8. You may loosen the ace wraps if they become tight, however, the remainder of the bandages should only be removed by your doctor.
9. Never get your foot/ankle/leg(s) or dressings wet. If they become wet, remove wet bandages, dry and cover with clean gauze and call the office IMMEDIATELY!
10. Take your oral temperature daily and call our office if it exceeds 101 degrees F, or if you develop chest pain, shortness of breath, pain behind your knee or in your groin.
11. If you have any questions or problems, please do not hesitate to call us anytime.
12. Call our office THE DAY AFTER your surgery to schedule an appointment for FIVE TO SEVEN DAYS for your first post-operative visit, should you not already have an appointment scheduled.
13. Apply an ice pack to the front of your ankle or behind your knee for twenty minutes then remove for thirty minutes and re-apply for twenty minutes back and forth WHILE AWAKE until seen for first visit.

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