



Post-Operative Instructions

Pain

Pain medication prescriptions were given pre-op or today so please refer to the specific discharge instructions for each. If you had a nerve block pre-op, you may not be able to feel or move your toes/foot for 12-24 hours after surgery, sometimes longer depending on how quickly your body metabolizes the block medicine.

- BEFORE your block wears off, start taking your pain medications
- When the block wears off, it's normal for your pain to temporarily increase
- Do NOT get behind in treating your pain
- Do NOT drive or operate heavy machinery or power tools
- Do NOT drink alcoholic beverages
- REST!
- Constipation: Continue normal bowel regimen, otherwise consult your pharmacist for which medication is safe and recommended

Elevate

- First two weeks after surgery: ELEVATE, ELEVATE, ELEVATE!
- Operative foot should be higher than the heart to drain excessive fluid from the surgical site
- If you are experiencing significant pain from a tight splint, try loosening the ACE bandage without removing the underlying dressing

Ice

- Place ice or gel packs behind the operative knee wrapped in a towel (20 min on/ 20 min off). This will cool the blood as it travels into your lower leg.

Dry

- Please keep the splint dry. Most patients utilize a bag and tape to keep water out of the splint. Waterproof cast covers are also available at your local drugstore or medical supply store
- Do not stick anything down into the splint
- Consider a shower chair/stool
- If the splint gets wet, please call the office and we will reapply a splint in the office

Weight-bearing

- If you are in a post-operative splint, you are NONWEIGHTBEARING. Crutches, rolling knee scooter, or wheelchair are strongly recommended. Rolling knee scooters are available at medical supply stores and lending closets or on Amazon.com.
- If you are in a post-operative shoe, you are HEEL WEIGHTBEARING. This post-operative shoe is utilized to protect the forefoot and surgical site. Keep it on at all times.

Follow-up Appointment

- Your post-operative appointment is typically already made for you. If you are not certain of the date/time, please call 602-761-7819 and inquire.