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Foot and Ankle Surgery Post Operative Instructions

General:

- **Elevate! Elevate! Elevate!!!** surgical foot to prevent swelling. 2-3 days of strict bedrest.
- Lie on your back and elevate your legs on 3 pillows. After 2-3 days, elevate as needed for swelling.
- Apply ice to the ankle 3-4 times a day (20 minutes on/20 minutes off) for 3-4 days or until the swelling subsides. **DO NOT APPLY ICE DIRECTLY TO THE SKIN.** If you are in a splint, apply the ice on top of the splint or cast.
- Ambulate with crutches if needed – you may bear weight as tolerated unless instructed otherwise.
- **Breathing exercises:** Coughing and deep breathing 5 times an hour for 2-3 days.
- If you are experiencing any of the following call our office or the doctor on call immediately:
 - Fever greater than 101 degrees F, chills
 - Excessive redness, swelling, or drainage from incisions
 - Your toes change color or temperature
 - Calf pain or tenderness

Wound Care: The procedure you had or the length of your incision will determine how to care for your wound, see checked item below.

- ❑ **DO NOT CHANGE YOUR DRESSING!** This will be done at the office. **KEEP YOUR CAST OR DRESSING DRY!!** If you need to shower, protect the cast/dressing with a cast cover (can be purchased at a pharmacy or medical supply store) or with a trash bag – place the bag over the cast, tape closed, cover the tape with a towel, cover the first bag and towel with another bag and tape this closed above the towel.
- ❑ 48 hours after the surgery, you may change dressings and shower as needed. **DO NOT REMOVE ADHESIVE STRIPS OVER THE WOUNDS.** No ointments or lotions! No baths or hot tubs!

Medications: (ALWAYS TAKE WITH FOOD!!)

- You will be discharged with a prescription for pain medicine. Let us know in advance if you are running out. **REFILLS ARE NOT HANDLED ON THE WEEKEND!**
- You may use Tylenol as needed for milder pain instead of the prescribed medication, or you may supplement the prescribed medicine with ibuprofen 600mg every 6 hours.
- Pain medications can be constipating. You may use over-the-counter laxative or stool softener (Colace, Metamucil, Milk of Magnesia, etc.) as needed until your bowel function returns to normal.

Exercises:

- Ankle pumps and circles (if you are able) 25 times each per hour, while awake.
- Straight leg raises: Try to raise your affected leg a few inches off the bed with the knee straight. Hold it for 5 seconds then rest. Start with 5-10 repetitions, working up to 20. Do this three times daily.
- Quad sets: Push the back of your knee into the bed to straighten the leg. Hold for 5 seconds, 10-20 repetitions. Do this three times daily.

Follow-up Appointment:

- Please make sure your post-op appointment is made for 7-10 days after your surgery! If not, please call the office to schedule.

Please call if you have any problems questions or concerns! If you need to reach us during business hours, please call the office at **(303)321-1333** and leave a message, we will return your call. If you need to reach us after-hours or on the weekend, page Andrew, Dr. Traina's PA, and he will return your call. His pager number is **(303)201-4713**.