



**Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service**

POST-OPERATIVE INSTRUCTIONS FOR FOOT & ANKLE SURGERY

A. Day of Surgery:

Diet: Begin with liquids and light foods (Jello, soup, etc) Progress to your normal diet if you are not nauseated.

Medication: Hydrocodone _____ Ketorolac _____ Other(s) _____

Aspirin (325mg standard strength - not baby Aspirin) 1 tablet a day for next 2 weeks to decrease the risk of blood clots.

Strong pain medication has been prescribed. Use as directed. Do not combine with alcohol. Be careful as you walk or climb stairs. It is normal to have pain and swelling in your leg after surgery.

Ice: Keep an ice pack on your leg for 30 minutes at a time (or use Polar Care machine if given) at least 4-5 times per day. Icing will assist with pain and swelling control.

Bandage: Leave bandage or splint on the leg. Keep dry. The bandage may be slightly bloody or wet from the incision. This is normal.

Activity: Keep leg elevated on a pillow placed under ankle. **Do not keep a pillow under your knee!!!**

Showering: No showering

Crutches: No Weight / Partial Weight / Full Weight on operative leg with crutches is OK.

Boot or Splint: All the time / When Ambulating / Not needed

B. First and Second Post-Operative Day:

Medication: Continue to take pain medication as needed every 4-6 hours.

Ice: Continue to ice your leg 30 minutes at a time 4-5 times per day.

Bandage: Leave bandage on the leg and keep it dry. The bandage may be slightly bloody or wet from the incision. This is normal.

Activity: Keep leg elevated on a pillow placed under ankle, as on the previous day, when in bed.

Showering: No showering until day 5, or day _____

C. Third Post-Operative Day Until Return Visit:

Medication: Continue to take pain medication as needed every 4-6 hours.

Ice: Continue as on post-op days 1 and 2.

Bandage: You may remove surgical bandage on the post-operative day #5 if there is no splint in place. Leave steri-strips (paper tapes) in position. DO NOT put any ointments or bacitracin on incisions. You may shower on post-operative day #5 (or day ____) only if the wounds are dry. Place a plastic bag or saran wrap over incisions for showering until sutures are removed. Use a shower chair. If wounds do get wet, gently pat the area dry. DO NOT soak your leg in water or go swimming in a pool or a jacuzzi.

Activity: Keep leg elevated on a pillow placed under ankle, as on previous day, when in bed.

Appointment: You should make a follow-up appointment for approx 14 days from surgery. Please call the office the following business day after surgery if you do not have an appointment already scheduled.

Physical Therapy: To begin in 2 to 3 days please call to schedule the appointment if you do not have one already set up. Physical therapy prescription is given to you on your last visit or with your discharge documents.

Driving: No driving until you are completely off the pain medications, at full weight bearing and not using crutches. This will be assessed on one of your future clinic visits after surgery.

Leg Response to Surgery: Your lower leg/ankle will be swollen. It may take 4 weeks or longer for the swelling to go away. It is also common to notice bruising around the thigh and calf as the swelling resolves. If excessive bleeding from incision occurs, please notify our office. Elevate the leg above your heart to minimize swelling for next 14 days.

Signature of Physician

Signature of RN

Signature of Patient
