

WHAT YOU CAN EXPECT FOLLOWING YOUR SURGERY:

1. **Swelling.** This is to be expected. It is difficult to specify what constitutes an abnormal amount of swelling. You should minimize this by staying off your foot and keeping it elevated higher than your heart. Applying ice to any area that is NOT covered by the splint as close to the incision site as possible is encouraged.
2. **Pain.** Everyone experiences pain, unfortunately some worse than others. You will be given a prescription by Dr. Guzman or one of his assistants, for pain medication before you leave the hospital or Surgery Center. Please alert us to any allergies to any medications prior to surgery. Oxycodone 5 mg is usually prescribed for pain. To help with pain control, in addition to any narcotics, you can take Tylenol 500 mg every 4 hours not to exceed 4000 mg per day, though we do not advise more than 3000 mg in most patients. Tylenol can help to extend the time needed until your next dosage of narcotic. You may also take ibuprofen unless you have a contraindication, such as an allergy. This may be taken in conjunction with Tylenol. **Typically, the pain is the strongest the first 3 days. On the 3/4th day the pain should progressively decrease, and you should start weaning off the narcotic, if you have not already.**
3. **Bleeding.** Bleeding always occurs. You will notice slight oozing through the bandages. If bleeding continues after 24 hours and soaks through the dressing, please call us.

WHAT TO DO AFTER SURGERY:

1. When you return home, you must **REST**. You may either sit in a chair or the bed with your foot elevated. The foot should be elevated above the level of the heart. Propping it up on a few pillows always helps. If you feel that the outer wrapping (brown) is too tight, you may unwrap it and re-wrap it looser. Conversely, if it is too loose, unwrap and re-wrap it tighter. **DO NOT** remove the inside padding.
2. Do not do any excessive or unnecessary walking during the first few days after surgery. Each operation is different and you might be told specifically that no walking is allowed for a specific period of time. Under these

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circumstances, it would be best for you to use crutches, a wheelchair, or a walker, knee scooter.

3. If you are given a special shoe after surgery, you may not walk without it. You do not, however, have to wear the shoe at night, unless you are told otherwise. You will find it easiest to commence walking on your heel and to put more weight on the flat foot over the course of the next few days. Depending on the surgery, you may be allowed to partially walk on the foot in the post operative shoe. Generally, keep the weight off the foot as much as possible.
4. Use ice over the foot as long as the swelling persists following surgery. Fill a large bag with ice and place the bag over the foot or ankle. Alternatively, place the ice bag on the bed and rest on your side with the foot or ankle lying directly on the ice pack.
5. If you are taking pain medication, there are common side effects such as dizziness, nausea and drowsiness. If any allergic reaction occurs, stop taking the medication and call your pharmacy or the office. To prevent nausea, eat prior to taking any pain medication. Your pain level will be the worst for the first 3/4 days and then will decrease after that. Constipation is to be expected when taking pain medicine. In that case, you may take an over the counter stool softener/laxative as directed.
6. Please note that most narcotic medication cannot, by law, be phoned or faxed in to your pharmacy. Prescriptions need to be written originals and can either be mailed to you or picked up at the office. Please keep this in mind as the weekend approaches.
7. If you have not already done so, please call during regular office hours to schedule your first post-op appointment for 10-14 days following surgery unless directed otherwise.

DO NOT DO ANY OF THE FOLLOWING

1. **Do NOT get the bandages wet.** When bathing, either sponge bathe or hang the foot over the side of the tub. The safest method is to get into an empty tub with the shoe on, elevate the foot, and then fill the tub. Preferably, empty the tub before getting out. Showering is possible with commercial plastic foot protectors.
2. Do not remove the dressing unless you are specifically instructed to do so.

POST OPERATIVE CARE OF YOUR FOOT/ANKLE

The post-operative course varies from patient to patient. These instructions are general guidelines and so not cover all aspects of your post-operative course and recovery,

Call us immediately if you develop calf pain. Also, if you develop any fever associated with redness, increasing pain or drainage around the wound, shortness of breath, difficulty breathing, or chest pains. These require immediate emergency attention.

Occasionally the bandages feel too tight and need to be changed before your scheduled appointment. Call if you develop excessive swelling, pain, numbness or tingling in your foot.

We are interested in your prompt and healthy recovery. Please cooperate with the above instructions.