





# **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 f	foods (Jello, soup, etc	) Progress to your normal di	iet if you are not
nauseated.			
Medication: Hydrocodone	Ketorolac	Other(s)	
Aspirin (325mg standard strength			eks to decrease the
risk of blood clots.			
Strong pain medication has been	prescribed. Use as d	irected. Do not combine wit	th alcohol. Be
careful as you walk or climb stairs	s. It is normal to have	pain and swelling in your lea	g after surgery.
Ice: Keep an ice pack on your leg	for 30 minutes at a ti	me (or use Polar Care mach	ine if given) at
least 4-5 times per day. Icing will	assist with pain and	swelling control.	
Bandage: Leave bandage or splin	t on the leg. Keep dry	v. The bandage may be sligh	itly bloody or wet
from the incision. This is normal.			
Activity: Keep leg elevated on a	pillow placed under a	nkle. <b>Do not keep a pillow (</b>	under your knee!!!
Showering: No showering			
Crutches: No Weight / Partial We	eight / Full Weight o	n operative leg with crutche	es is OK.
Boot or Splint: All the time / Wh	nen Ambulating / N	ot needed	
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#### 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.				
	a follow-up appointment for ap			
	to 3 days please call to schedule cal therapy prescription is given	• •		
	e completely off the pain medicat assessed on one of your future c			
the swelling to go away. It is also	ower leg/ankle will be swollen. It mover leg/ankle will be swollen. It mover learn to notice bruising aroun reding from incision occurs, please relling for next 14 days.	d the thigh and calf as the		
Signature of Physician	Signature of RN	Signature of Patient		