



Postoperative Instructions for Foot/Ankle Surgery

Medications/Diet

1. Eat only light, non-greasy foods today
2. Take pain medicine with food
3. While taking pain medicines, you may **not** operate a vehicle, heavy machinery, or appliances.
4. While taking pain medicines, you may **not** drink alcoholic beverages.
5. While taking pain medicines, you may **not** make critical decisions or sign legal papers.
6. If you have any reactions to your medicines, stop taking them and call my office immediately.
7. If you are not allergic, take one 325mg aspirin twice a day to help prevent blood clots.
8. Please keep in mind that constipation is a very common side effect of taking narcotic pain medication. We recommend that patients take precautions to prevent constipation.
 - Drink plenty of water (6-8 glasses of 8oz. a day)
 - Avoid alcohol, caffeine, and dairy products
 - Eat plenty of fiber (fruits, vegetables and whole grains)
 - Take an over the counter stool softener (Colace or Dulcolax)

Activity/Exercise

1. You may bend your ankle as much as the dressings will allow
2. You may practice quadriceps muscle tightening and straight leg raises several times every hour

3. Please continue to move your toes up and down and tighten and relax your calf muscles several times every hour to help reduce swelling and prevent blood clots
4. Use your crutches until your first postoperative visit
5. You may not bear weight on your leg
6. Elevate your ankle above the level of your heart while sitting to help reduce swelling.
7. Please keep ice applied to the ankle for the first 72 hours or as long as pain or swelling persist. Do **not** apply ice directly to skin, or allow water to leak on your dressing.

(over)

Dressings/Shower

1. Please keep dressing dry.
2. If you have had arthroscopy, you may expect some drainage.
3. Please reinforce your dressing with a dry sterile dressing.
4. Loosen the dressing around your ankle if it becomes too tight or painful.
5. Your dressing will be removed at your first post operative visit.
6. Cover your bandage with a trash bag or saran wrap if you shower.

Emergency/Follow-Up

1. Please notify my office at 631-981-2663 if you develop any fever (101° or above), unexpected warmth, redness or swelling in your foot. Please call if your toes become cold, purple, numb, or there is excessive bleeding.
2. Please call the office within 24 hours at 631-981-2663 to schedule a follow up appointment next week.
3. Please call the office before 3pm on Friday if you do not have enough pain medicine for the weekend. Narcotic pain medication cannot be called into your pharmacy and the Rx must be picked up at our office.

I have read and understand the above discharge instructions.

Patient or responsible party

Date

R.N.

Physician