

These instructions are important in helping you rehabilitate from your surgery. Please follow them carefully.

## ***Rest and Elevation***

It is important that you rest and keep your foot elevated as much as possible the first 7-10 days after your surgery. Swelling can delay wound healing and cause the wound to break down. Elevate your foot so it is above the level of your heart. Ice packs can also be used to help reduce swelling. Place an ice pack in a towel over the ankle or foot for 20 minutes 3-4 times per day.

## ***Pain Management***

You may have a nerve block performed by the anesthesiologist. This can provide up to 12 hours of pain relief. Start taking the pain medication once the block begins to wear off. All narcotics can cause nausea, constipation, and itching. Prescription medication such as Phenergan or Zofran can be taken for nausea. Over-the-counter medication such as Senokot can help with constipation and Benadryl may relieve itching.

## ***Dressings***

Keep your bandage or splint clean and dry. When showering or bathing, cover your leg from the knee down with a garbage bag or commercially available cast cover. Walgreen's has a nice cover that works well. A small amount of blood on the dressing is normal. If bleeding continues or your toes are cold and blue, call the office immediately.

## ***Weight Bearing***

Your type of surgery will determine your weight bearing status. You may be allowed to bear weight through your heel with a special shoe or you may not be allowed any weight bearing at all. Please clarify your status if you are not sure.

## ***Appointment***

Your first postoperative appointment will be 10-14 days after surgery. Some patients are seen sooner. The clinic should schedule the appointment for you prior to surgery.

## ***Potential Problems***

Call the office immediately if you are experiencing any of the following:

- Wound feels hot and tender.
- Any unusual discharge from your wound or dressing.
- Excessive bleeding not controlled with elevation and pressure.
- Persistently elevated temperature over 101°F.
- Pain not controlled by medication and elevation.