

Foot/Ankle Surgery Post-Operative Instructions

Pain Control:

Pain after surgery is to be expected. Percocet or Vicodin should be taken in the form of 1-2 tablets every 4 hours as needed. You can also take up to 800mg of Motrin every 8 hours as needed for pain. You will likely need these medications frequently for the first 1-2 days after surgery, however as the pain improves, begin to wean off the opioid pain medication. If you received a pain block from anesthesia, take pain medication prior to going to sleep on the day of surgery as these blocks typically wear off in the middle of the night. You have also been provided with a stool softener (Colace/Surfak). Take this daily to prevent constipation resulting from the Percocet or Vicodin. The third medication (Phenergan or Zofran) is to take as needed for nausea. The fourth medication is aspirin 325mg daily for blood clot prevention. Take this for 14 days after surgery.

Activity:

Do not put any weight on your operative leg. You will be given crutches to use for walking. Keep your foot/ankle elevated as much as possible above the level of your heart after surgery.

No alcoholic beverages for 24 hours after surgery. Do not stay alone for 24 hours. Do not sign important papers or make important business decisions for 24 hours.

Ice/Polar Care:

For pain, discomfort, or swelling, you may use ice packs or a polar care device if provided. The maximum benefit is the first week after surgery. Use ice for no more than 1hr at a time.

Dressings/Wound Care/Showering:

Keep splint or dressings in place until your follow up unless otherwise instructed. Keep splint/dressings clean and dry. Cover the splint when showering and try to prevent it from becoming wet or soiled. NO SUBMERGED BATHING IN HOT TUBS, POOLS, OCEANS, BATHTUBS for 4 weeks after surgery.

Physical Therapy:

This will begin after surgery as directed and will be further discussed at your post op visit.

Diet:

Resume your regular diet after surgery. Increase use of fiber and drink plenty of fluids to prevent constipation from the anesthesia and narcotics. Avoid the use of supplements however multi-vitamins may be taken. Do not drink alcohol while taking narcotic pain medication.

Convalescent Leave/Driving:

You have been provided convalescent leave. Use this time to recover from surgery. We strongly recommend against automobile travel longer than 2 hours or airline travel within the first 2 weeks of surgery due to increased risk of blood clots. NO DRIVING OR OPERATING MACHINERY WHILE TAKING OPIOID PAIN MEDICATION.

Follow Up:

You should have an appointment scheduled with your surgeon 4-14 days from the day of surgery. If not, please contact our clinic as soon as possible.

GO TO THE EMERGENCY DEPARTMENT OR CONTACT ANESTHESIA IF YOU EXPERIENCE:

Headache following spinal anesthesia

Prolonged dizziness

Weakness

Unexplainable sensations or experiences recalled from your operation/procedure.

RETURN TO THE CLINIC OR EMERGENCY ROOM FOR THE FOLLOWING:

- Increasing pain or swelling not relieved by medication, ice, or elevation
- Redness, warmth, increased incision tenderness, drainage, or foul smell
- Bleeding that does not stop
- Numbness in the leg or foot
- Temperature >101.4F
- Any other concerns

Questions or concerns? Call the clinic at 615-936-7846 or use your MHA V portal to send a message to the triage nurse.