

FOOT SURGERY HOME CARE INSTRUCTIONS

WEIGHT BEARING STATUS

Full weight bearing ____

Partial weight bearing ____

Non- weight bearing ____

PLEASE FOLLOW THESE INSTRUCTIONS TO HELP MINIMIZE SWELLING AND TO HELP INSURE GOOD HEALING.

FOOT AND ANKLE CARE

- Go directly home and elevate your feet on the way if possible too.
- Do not sit with your feet down or crossed for any length of time. This will cause the feet to Swell and become painful.
- Elevate your feet about 6 inches above hip level. Support your feet and legs with pillows.
- Before standing, dangle your feet and legs for one full minute over the edge of the chair. This helps to avoid discomfort and dizziness when you rise.
- If you have been given a surgical shoe, it is imperative that you wear it whenever you walk. Even to the bathroom.
- If you have a SPLINT do not bear any weight on that splint. Use your crutches or walker as directed.
- Keep your bandages clean and dry. Do not shower, bathe, or wet your dressing in any way after Surgery. Do not remove the bandages or inspect the wound. A small Amount of blood on the bandage is normal.

COMFORT AND ACTIVITY

- The amount of discomfort will vary from one patient to another.
- Apply an ice bag wrapped in a towel behind the knee. The ice is to be used for the first 48 Hours during the day only. Alternate having ice on for 20 minutes then remove for one hour. DO NOT USE ICE AT NIGHT.
- Exercise your legs by bending your knees to help with circulation.
- Wear your compression sock as much as possible until first follow up appointment. Check with Your doctor for further instructions on postop visit as to how much longer to wear it. You may Remove your sock for bathing.
- Have your prescription filled the day of the procedure. Take all medication as directed. If you get an upset stomach, headache, rash or other reaction, discontinue use and call our office right away.
- Get plenty of rest with the foot elevated. Drink plenty of fluids. Eat your regular, well-balanced Diet. DO NOT USE ALCOHOL AND TOBACCO PRODUCTS. They slow the healing process.

MANAGING YOUR PAIN SAFELY

- Pain medication and good pain control is important and helps your comfort level while your body heals. It may take days, weeks or even months for your pain to go away completely.
- You can expect pain after the block wears off. Start pain medication prior to block wearing off
- For 2 or 3 days, it may help to take pain medicine as often as ordered to keep your pain under better control. As pain improves, you can gradually decrease pain medications by substituting over-the counter Tylenol or anti-inflammatory meds. (advil/ibuprofen).

- ENSURE you are ALERT and have NO DIFFICULTY BREATHING BEFORE TAKING ADDITIONAL DOSES OF PAIN MEDICATION.
- Do not participate in any dangerous activities while taking pain medicines. They may decrease your ability to make safe decisions.
- Do not take pain medications on an empty stomach. This may lead to nausea and vomiting.
- Pain medications often cause constipation. Increase your fiber intake. You may take a laxative if needed.

TO HELP PREVENT SURGICAL SITE INFECTION

- If you are prescribed antibiotics, take as instructed and take until gone.
- Wash your hands using soap and warm water prior to touching any of your dressing/incisions.
- Keep incision clean and dry.

CALL YOUR DOCTOR IF:

- You develop a temperature greater than 100°F
- Develop foul odor, redness or pus at the operative site
- Bandages become tight and/or your toes turn blue
- Active drainage arises from the bandages with your foot elevated
- Inability to empty bladder within 8 hours of surgery

YOU CAN EXPECT

- Even with medication, you may have break through pain particularly first 48 hours.
- Mild pain, slight swelling, a small amount of bleeding and or drainage.
- Dizziness, lightheadedness and fatigue today. Go home and take it easy.
- Sore throat, increase in mucous with coughing which can be blood-tinged.
- Nausea for the first 24 hours.

ANESTHESIA PRECAUTIONS

- Do not drive (auto, bicycle, motorcycle). Operate any machinery, power tools or make important personal or legal decisions for 24 hours or while taking pain medications.
- Do not drink alcohol while taking pain medications.
- You MUST Have a responsible adult drive you home and stay with you for the first 24 hours.
- General anesthesia may cause a sore throat, jaw pain and or muscle aches.
- If you have had a BLOCK, protect the blocked extremity from injury until full sensation and control returns.

FALL RISK: IF YOU HAVE BEEN IDENTIFIED AS BEING AT HIGH RISK FOR FALLS, please keep yellow wrist band on until you can walk with a steady gait. IF you received a nerve block, do NOT remove yellow armband until after sensation to your limb fully returns.

If your condition should worsen and you are unable to contact your surgeon, please go to the Emergency Room. I have read and understood the above instructions.

POST OPERATIVE APPOINTMENT

Your first post-op visit should already be scheduled, if not or don't recall it, please call our office to arrange 614-267-8387.