

Charles White, D.P.M., F.A.C.F.A.S.
Tx Foot & Ankle Surgical Assoc.
3349 S Highway 181, Kenedy, TX 78119
(830) 491-9211
www.southtxpodiatry.com

POST-OPERATIVE INSTRUCTIONS FOLLOWING FOOT/ANKLE SURGERY

BANDAGE/DRESSING:

- Please keep your dressings/splint/cast clean, dry, and intact. This will be removed for you at your first post-operative appointment.
- You may notice some minor bleeding through your dressing following surgery. Do not be alarmed, this is why your dressing is there. It is only necessary to contact us if excessive bleeding occurs. ***This is very rare.***
- Use a waterproof Shower Guard device to protect your surgical dressing while showering. If your dressings do happen to get wet or soiled, please alert Dr. and his staff immediately.
- If provided, wear the post-operative surgical shoe or boot for protection when moving about. When at rest these items may be removed.
- Ice packs may be applied to the surgical site for 20-30 minutes with 15-minute breaks. ***Do not apply ice directly to the skin as this can result in frostbite.***

WALKING/ACTIVITY:

- Do not walk on the foot/ankle.
- Always use assistive devices as directed (surgical shoe/boot, crutches, knee scooter, walker, wheelchair)
- Limit activities to bathroom use, bathing and eating at home for 5-7 days following your procedure.
- Elevate your foot/ankle on 1-2 pillows when at rest. This will reduce pain and swelling. It will also allow for better healing.
- Foot, ankle, and knee range of motion exercises should be performed hourly to help with circulation. You are also encouraged to move around your home and change positions regularly.
- For your safety, if you are unsure about partaking in activities following surgery, please call and check with Dr. White.

MEDICATIONS:

- Begin your prescription pain medication as directed when you return home from surgery. The local anesthesia, which has been injected for your comfort, will wear off. It is best to begin your pain medication prior to this happening.
- You may supplement your pain medication with Ibuprofen or Naproxen. *****DO NOT use Tylenol (Acetaminophen)*** if your primary prescription pain medication contains this compound.
- If prescribed, Compazine (Prochlorperazine) or Zofran (Ondansetron) will help with nausea. Take the prescribed medication every 6 hours as needed if your pain medication makes you feel nauseous.
- Benadryl (Diphenhydramine) 25mg may be taken as well to help reduce nausea every 6 hours.

FOLLOW-UP:

Call the office the next business day to confirm your follow-up appointment (830) 491-9211.
Your follow-up appointment should be scheduled the next week after surgery.

******NOTE: Please report any calf pain, shortness of breath or chest pain immediately.***