

Post-Operative Instructions for Ankle/Foot Surgery

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PROCEDURE

- Ankle Arthroscopy
- Ligament Reconstruction
- Ankle Fracture
- Achilles Tendon Repair
- Other _____

- Microfracture – Cartilage Injury
- Tendon Reconstruction/Repair
- Foot Fracture
- Chondroplasty – Cartilage Wear

DRESSING

- ◆ Dressing can become blood stained; this is not unusual.
- ◆ Sutures/staples will be removed in the office.
- ◆ If you feel the bleeding is excessive, call the Doctor.
- You may remove dressing in 24 hours.
- Cover with gauze or ace wrap.
- OK to loosen splint if needed – please re-wrap
- Keep dressing/splint on until office visit

SHOWERING

- It is OK to shower after 24 hours.
- ◆ Please keep wounds dry.
- ◆ Wrap with plastic wrap.
- ◆ Redress wound after shower.

ACTIVITY

- ◆ Elevate operative ankle/foot above level of heart.
- ◆ Ice to operative ankle/foot 20 minutes/hour as tolerated.
- ◆ Bend and straighten knee 5-10 times per hour as tolerated.
- ◆ Rest, Ice, Elevation, Compression.

CALL THE DOCTOR IF YOU EXPERIENCE

- ◆ Persistent or abnormal bleeding.
- ◆ Fever or chills.
- ◆ Temperature greater than 101.
- ◆ Severe and uncontrolled pain or swelling.
- ◆ Medication problems.
- ◆ Abnormal wound drainage

WEIGHTBEARING

- ◆ You may bear _____ % body weight on operative leg
- ◆ Use crutches as needed.
- ◆ If provided with knee brace, use for walking and sleeping.
- ◆ OK to remove brace while sitting.

MEDICATIONS

- ◆ Narcotic pain medicine can make you nauseous.
- ◆ Take medications with food.
- ◆ Do NOT drive while taking pain meds.
- ◆ Call if pain is not well controlled.

FOLLOW-UP APPOINTMENT

- ◆ _____ 24-48 hours
- ◆ _____ 7-10 days
- ◆ Call **949-727-3636** to schedule

OTHER:

- ◆ _____.
- ◆ _____.