



Foot & Ankle Post Operative Instructions

Surgery has just been performed on your foot and/or ankle. Your comfort and recovery are *very important* to the Summit team. Reading this short guide will educate you on the importance of basic post operative care you can do on your own and, when needed, act as a reference to commonly asked questions and concerns that arise during your recovery.

Surgeon: _____

Procedure: _____

Follow up with: _____ in _____ DAYS / WEEKS

DO NOT REMOVE YOUR POST OPERATIVE DRESSING: (unless otherwise instructed)

WOUND CARE:

DO NOT bear weight on the surgical extremity until your surgeon advises.

Keep your dressings dry and intact until your next appointment with your surgeon.

Remove the dressings in _____ days after surgery and protect incision with Band-aids.

****DO NOT USE ANY OINTMENTS OR CREAMS ON YOUR INCISION.**

PAIN CONTROL: Foot and Ankle surgery can be quite painful after your anesthesia wears off. Pain medications prescribed to you are carefully tailored just for you by your surgeon and will help with controlling the symptoms but are not intended to make you pain free. Getting plenty of **Rest, Ice, Compression, and Elevation (R.I.C.E.)** is extremely important during the initial stages of recovery. Icing for 20-30 minutes every hour will help during the initial recovery period. Practicing and maintaining a schedule day-to-day with the basics of R.I.C.E will assure the most beneficial outcomes in maintaining a positive and comfortable recovery. If your dressing obstructs your direct route to the surgical site, then icing directly behind the knee joint is advised. Elevating along with icing will also aid in maintaining a comfortable recovery. The best position to elevate is in a reclined position with the extremity above your waistline and just below your heart. If you need refills on your narcotic pain medications, please contact your physician's team and allow 24 hours for processing. If you need assistance please call 651-968-5200. Do not take your pain medication on an empty stomach. If your medications seem to be causing nausea, itching, or are ineffective for your discomfort, call your physician. **** We can only refill narcotic pain medications during regular business hours and NOT on weekends or evenings.**

MEDICATIONS/ANTIBIOTICS: The most commonly prescribed medications including narcotics, muscle relaxants, blood thinners, and antibiotics are tailored by your surgeon for your specific needs on the day of surgery. The surgeon will provide only the medications necessary that you are to take during your post operative recovery. Within certain scenarios, antibiotics maybe administered via your IV during your procedure and are not directly prescribed to be taken orally. If the need for dosing antibiotics is required, then your surgeon will have prescribed the appropriate antibiotics for you.

BLEEDING: You may notice a small to moderate amount of bleeding or slightly pink drainage around your surgical site. This is normal. Wound drainage typically lasts only 1-3 days after surgery. If more than a moderate amount of drainage is seen, then contact your surgeon's office as soon as possible.

SWELLING, BRUISING, & NUMBNESS: During recovery it is very common to notice swelling around the entire foot and ankle. Swelling occurs for many reasons and is a natural response of healing. Unfortunately swelling can often cause discomfort, irritation, and numbness to the surrounding areas or body parts. Practicing R.I.C.E. is the most conservative and optimal methods of reducing these symptoms. Numbness can have many contributing factors as to its presence, but is usually associated with the anesthesia administered and the onset of swelling that occurs after your procedure. Numbness symptoms will often improve significantly after the initial 72 hours. You may also notice bruising or discoloration throughout areas of greater visibility, such as your exposed forefoot and toes. This is normal to see during your initial recovery. Bruising will disappear slowly within adequate time. Discoloration or 'dusky blue toes', also known as venous congestion, can be assessed by simply elevating the foot above one's heart and maintaining that position for several seconds. Thus, the coloration will appear more normal and pink, evidence of good circulation. Numbness *without* the presence of good circulation should be addressed to your surgeon as soon as possible.

DIET & ACTIVITY: You should be able to resume to your normal diet after surgery. If you are nauseated, begin with a liquid or light diet and progress into bland solid foods appropriately. Avoid fatty and fried foods. Eating fruits, leafy vegetables, bran, fiber and 6-8 cups of water every day will promote good health and prevent constipation. Activities and there allowances will vary greatly depending on the extent of the surgery you have had done and the specific weight bearing or non-weight bearing instructions your surgeon has instructed you to follow. In most cases getting plenty of rest in the initial 72 hours is a great benefactor to your overall recovery. Create a quiet, comfortable, and stress free environment around the area in which you will primarily spend most of your recovery time. Sleeping arrangements are often advised within these same areas of your house, as it minimizes common obstacles within your house and allows you to maintain a rested state of mind. Having family or friends available is a convenience, but with the appropriate planning it is not usually a necessity.

****IF YOU RECEIVED GENERAL ANESTHESIA YOU SHOULD HAVE A RESPONSIBLE ADULT WITH YOU FOR 24 HOURS****

CONTACT INFORMATION

Mainline / Urgent After Hours Needs – **651-968-5200**
Summit Orthopedic Appointment Line – **651-968-5201**
Physician and Team Members – See Business Card Attached

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