



PATIENT NAME:

DOB:

PHARMACY:

POSTOPERATIVE INSTRUCTIONS

PROCEDURE: ANKLE OR FOOT REMOVAL OF HARDWARE

NEXT APPOINTMENT:

LOCATION:

PAIN MEDICATION

You will be given a prescription for pain medication after surgery. This should be filled and ready for use when you return home from surgery. You **SHOULD NOT** drive, operate heavy machinery, or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin, or Tylenol with Codeine. You **SHOULD** take an over-the-counter stool softener while taking narcotic pain medications to prevent constipation.

DRESSING

You may remove your dressings and begin daily dry sterile gauze dressings to the incision(s) **3 DAYS AFTER SURGERY**. For example, if your surgery was on a Thursday, **DO NOT** change the dressing until Sunday. **DO NOT** get the incision(s) wet until you have been seen and given approval by your surgeon. **DO NOT** soak the incision(s) in a tub, pool or body of water for **4 WEEKS** after surgery.

WEIGHTBEARING STATUS

You will be **WEIGHTBEARING AS TOLERATED** on the operative leg after surgery, unless otherwise specified. You may use crutches or a walker for assistance as needed. You **SHOULD NOT** participate in any high-impact activities for 4-6 weeks after surgery, or until cleared by your surgeon.

PAIN MEDICATION REFILL PROTOCOL

You **MUST** give your physician **48 HOURS** notice for any medication refill. Many medications require your surgeon to send the medication electronically and cannot be called into the pharmacy. Prescriptions **WILL NOT** be filled over the weekend. A prescription for the same medication you have been taking after surgery **IS NOT GUARANTEED**.

WHEN TO CALL YOUR SURGEON

Complications after surgery are fortunately very rare. Please contact our office if you have any of the following symptoms:

- >> Persistent fever >101°F, chills
- >> Increasing pain at the surgical site
- >> Increased swelling/pain in the calf
- >> New onset numbness or tingling
- >> Hives or new rashes
- >> Shortness of breath or chest pain
- >> Persistent nausea/vomiting
- >> Drainage from your incision lasting >5 days