

POST-OPERATIVE INSTRUCTIONS:

Procedure:		
Post-Operative Appointment: Locat		Location:
your <i>posto</i> be ele	pain following surgery. This being sain pperative pain. Some degree of pain sectronically prescribed to your pharma	of Opioid and non-opioid medications to help control d, no medication prescribed can alleviate 100% of your chould still be expected after surgery. All medications will acy on file. Please follow the medication schedules listed e extremity to help manage your pain:
	☐ Take Tylenol 1000mg €	every 8 hours
	☐ Take Ibuprofen 800mg	every 8 hours
	☐ Take Oxycodone every	6 hours as needed for pain
	☐ Take Norco every 6 hou	urs as needed for pain
	☐ Take Tramadol every 6	hours as needed for pain
	☐ Take Zofran as needed	for nausea
	☐ Take Aspirin 81mg 2x a	day for DVT prophylaxis
	<u>cription Refill Protocol:</u> An appointr cations. Prescriptions will not be fille	ment with your surgeon is required prior to refilling pained over the weekend.
> <u>Activ</u>	vity (as marked): [] Weight bea	ring as tolerated bearing
> <u>Dres</u>		clean and dry at all times. ter surgery and begin dry sterile dressing changes.

Cold Therapy: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a towel. Elevate the leg 45 degrees placing pillows behind the foot and calf. Do not place a pillow behind the knee. The knee should remain in full extension at all times when resting.



When to call your surgeon:

- Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, 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 of chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days

> <u>DVT (blood clot) prevention:</u>

- Perform range of motion exercises with the ankle to exercise the calf muscles on the uninjured leg. Do ten repetitions every hour minimum while awake. Perform these exercises on the surgical leg as well unless it is immobilized in a cast or brace.
- When upright, place surgical foot on ground and apply body weight for balance. Do not have the leg suspended in the air when walking with crutches.
- Beginning the day of surgery, take one regular (325mg) aspirin daily for 30 days unless not allow for other medial reasons. Clear this with your family doctor before starting the aspirin.
- You should not do any flying for two weeks following surgery.