





➤ 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 or chest pain
  - Persistent nausea/vomiting
  - Drainage from your incision lasting >5 days

➤ DVT (blood clot) prevention:

- 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 medical reasons. ***Clear this with your family doctor before starting the aspirin.***
- You should not do any flying for two weeks following surgery.