

POSTOPERATIVE INSTRUCTIONS PROCEDURE: _____



Dr. Bryan Butler
813-684-2663



PATIENT NAME: _____ **NEXT APPOINTMENT:** _____

PAIN EXPECTATIONS & MANAGEMENT

During the first few weeks of recovery, it is normal to experience moderate-severe pain that will not be fully relieved by pain medication alone. Swelling, diffuse bruising, and discomfort should be expected. Please call our office at least 24 hours in advance if you require a refill on pain medication. Prescriptions will not be filled over the weekend.

Medication Prescribed On The Day of Surgery:

- Percocet 5-325mg (Oxycodone + Tylenol)

Additional Over-The-Counter (OTC) Medications You May Require:

- OTC Stool Softeners may be taken with pain medications to reduce side-effects like constipation.
- OTC anti-inflammatories such as Ibuprofen or Motrin can be taken to assist with pain.

****Please consult your primary care physician to make sure these medications are safe to take.****

! Narcotic pain medications are **NOT** mandatory and should only be taken for moderate-severe pain. For best pain relief results: (1) Take pain medications and OTC medications if able (2) Ice 4-5x daily and elevate

WOUND CARE

- Will have nylon sutures out of the skin.
- Will be placed into a splint. Keep the splint on until postoperative visit. **DO NOT GET WET.**
- **DO NOT** clean the incision with Alcohol/Peroxide
- **DO NOT** apply lotions/creams to the incision.
- **DO NOT** submerge the area under water.

WHEN TO CALL YOUR SURGEON

Please call our office first if you are experiencing any of the following:

- Persistent fever > 102, chills
- Drainage from your incision lasting > 5 days, hives or new rashes, OR increasing pain at surgical site
- Increased swelling/pain in the calf
- New onset of numbness or tingling
- Shortness of breath or chest pain

POSTOPERATIVE INSTRUCTIONS PROCEDURE: _____



Dr. Bryan Butler
813-684-2663



ACTIVITY & HYGIENE

Activity:

- ☐ Nonweightbearing with crutches
- ☐ Weightbearing as tolerated with crutches.

Hygiene:

- Keep the splint clean and dry. If you get the splint wet, please let us know.

DVT (Blood Clot) Prevention:

- Elevate the operative ankle whenever possible.
- With the nonoperative leg, perform ankle range of motion to exercise the calf muscle. Do about 10 reps every hour you are awake. Perform on operative leg as well unless you are immobilized with splint.
- You should not fly for two weeks following the surgery.