

## **POST-OP INSTRUCTIONS AFTER SURGERY**

- Eat only light, non-greasy foods post-op day #1. Gradually increase your diet as tolerated.
- Pain control is important. Do not wait until your pain is unbearable before taking your pain medication. Your foot or ankle may be injected with medications during the surgery in order to help with pain relief. This pain relief typically wears off 4-6 hours after surgery and will be associated with increasing pain at that time. This is normal.
- All patients will receive a prescription for pain medication. Pain medicine should be taken only as directed in order to help control your pain. Occasionally pain medicines cause nausea if taken on an empty stomach. Help prevent nausea by making sure you eat when you take your pain medication and you are able to sit or lay down should you begin to feel lightheaded. The first few days after surgery expect some of the side effects such as drowsiness, lightheadedness, and nausea resulting from the pain medication. Stay as comfortable as possible, but also understand no amount of pain medication, ice, and rest will completely alleviate the pain after surgery.
- The pain prescription given contains a small amount of Acetaminophen (Tylenol); therefore, avoid taking additional Tylenol or any medication containing Acetaminophen (Tylenol) while you are on the pain prescription. Another side effect of pain medication that can be easily remedied is constipation; increase your fluid intake, drink fruit juices, take an over the counter stool softener if necessary.
- Side effects that should not be ignored: Difficulty breathing, a severe rash, extreme drowsiness, or nausea. If your side effect is life threatening, contact 911, if it is not life threatening, contact our office (203) 936-6677 for further instruction.
- Apply ice directly over your bandage, splint, or cast for 15 minutes every 1-3 hours while you are awake until your follow up appointment or as long as there is pain and swelling. Elevating the operated extremity above the level of your heart will also help to reduce swelling.
- Leave the dressing in place until your follow-up appointment. Do not remove the splint or dressing unless otherwise instructed.
- Swelling and stiffness about the foot and ankle is expected for the first several weeks following your surgery. Gentle range of motion exercises (if allowed and able) with your foot, ankle, and toes will help to reduce swelling and stiffness. Elevation of the affected extremity above the level of your heart and non-weight-bearing will help decrease swelling and pain.
- Please note your post op appointment date & time, this information will be given to you at your pre-operative visit. If you need to confirm or change the appointment time, please contact the office.

- You should call the office at (203)936-6677 if you notice your bandages are completely saturated with blood, if you have a temperature above 101 degrees, if you have pain that does not decrease with pain medication and ice, if your toes become cold, numb or purple, or if you have any other concerns or questions. Some blood on the bandages is okay, however, persistent bleeding is not normal. Many patients will have an elevated temperature for the first few days after surgery. However, a temperature above 101 degrees is not normal, especially if associated with chills or severe pain. The pain medication and ice should help to control your pain, however, it will NOT take away all of the pain.
- DO NOT operate heavy machinery, drive an automobile or make important decisions while under the influence of anesthesia for 24 hours after surgery or while taking pain medications. You may resume driving when you feel you can do so safely.