
Post-Op Instructions

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Overview

Thank you for allowing me to care for you today. Below is a list of post-operative instructions that I believe will help your recovery go as smoothly as possible and minimize the possibility of complications. If you have any questions please do not hesitate to call.

Pain Medication

You have been given a prescription for pain medication. Pain medications can be addictive and should be used only as directed. These medications can cause drowsiness and decrease your ability to think clearly. I recommend that even if your surgical site is not hurting that you take at least one pain pill prior to going to sleep in case the numbing medication used during the surgery wears off while you are sleeping and pain develops. It may take at least 30 minutes for pain medication to start taking effect. If needed medications such as Ibuprofen or Aleve can be used for break-through pain.

Activities

Over the next 24 hours you should rest as much as possible. This will help your surgical site in many ways. It will help reduce post-operative swelling and pain and could lessen the potential for an infection.

Your weight-bearing status is: _____

Icing

Please apply ice to the foot/ankle three times daily for ~15 minutes each time. Do not place the ice directly on your skin. Use a cloth as a barrier to protect your skin.

Capillary Fill Time

Several times a day until your follow-up visit with me I would like you to check your capillary fill time. To accomplish this you (or a family member) will push on the end of your toes. They should start off somewhat pink. When you touch them they will turn white and then they will come back to pink again within 3 seconds once you let go. If your toes stay white or have a blue or black color you should call the office.

Dressing Instructions

No care is needed for your surgical dressing unless otherwise instructed. Please keep this dressing clean and dry. If for some reason it becomes damaged or feels tight please contact either of the numbers listed above.

Other Resources

You should have had the opportunity to purchase a shower-guard prior to your procedure. This device will keep your surgical dressing clean and dry while showering. If you have not purchased a shower-guard I highly recommend that you do so soon.

Follow-Up Appointment

Three follow-up appointments have been made for you already. If for some reason a conflict develops with those dates or times please contact the office to reschedule. Your post-operative care is very important in the outcome of your surgery.