

Ambulatory Surgery Foot/Ankle Postop Discharge Instructions

You are urged to carefully follow the below instructions:

Activities:

It is advisable to rest for at least 2-3 days after your surgery.

For the first 2 weeks your foot should be elevated 80% of the time, to avoid excess swelling, throbbing or pain. Elevation means putting your foot on pillows so that your foot is above the level of your heart. After 2 weeks you may lessen the degree of elevation. Maintain elevation if there is swelling, throbbing, or pain.

You may apply ice behind the knee on the operative side for 20 minutes as a good measure to help control pain (especially since you will not be able to ice the surgical area directly.) You may repeat this every 2-3 hours.

The dressing over the incision may be blood stained, which is normal. You may add more gauze, and ace wraps as necessary to reinforce the dressing. Observe for continued bleeding.

You do not need to exercise or worry about moving your toes during the first 2 weeks.

Please refer to your physician for weight bearing instructions. If you are allowed to bear some weight on the foot, put the weight on the area that has not been operated on. For example, if your incision site is on your toes, you may put some weight on your heel.

Weight Bearing Status:

- ☐ Weight bearing as tolerated
- ☐ Heel weight bearing
- ☐ 50% weight bearing
- ☐ Non weight bearing

When ambulating, please use the assistive device at all times. The length of time needed for any assistive device should be discussed with your physician.

If you are non-weight bearing and using an alternate assistive device (such as a knee scooter), you may begin using it as soon as you feel comfortable.

Assistive Device:

- ☐ Crutches
- ☐ Cane
- ☐ Walker
- ☐ Knee Scooter

Blood Clot Prevention:

- ☐ Aspirin 81mg twice daily
- ☐ Aspirin 325mg twice daily
- ☐ Lovenox 40mg daily
- ☐ Xarelto 10mg daily
- ☐ Other: _____

Limitations:

Do not get your dressing wet.

You may shower after your dressing has been removed by your physician. If you prefer to bathe, cover your foot with a plastic bag and place your foot over the side of the tub.

Do not remove dressing unless directed by your physician.

Regarding Medications:

1. If your physician ordered pain medication, please take it as directed. Do not drive a motor vehicle, operate machinery or power tools while taking these medications. Check with your physician regarding medications which you were taking prior to surgery.
2. If prescribed a narcotic for pain, you may take one tablet at bedtime, even if your nerve block is still in effect. This is helpful in the event the block wears off overnight. Narcotics should only be used for moderate-severe pain (pain scale >5/10).

Regarding Anesthesia:

If you had general anesthesia or local anesthesia with sedation, please pay attention to the following instructions:

1. Do not drink alcoholic beverages including beer. Alcohol enhances the effects of anesthesia and sedation.
2. Do not drive a motor vehicle; operate machinery or power tools for 24 hours.
3. Do not make any important decisions or sign important paper for 24 hours.
4. You may experience light headaches/dizziness and sleepiness following sedation. Please DO NOT STAY ALONE. A responsible adult should be with you for this 24 hour period.
5. Rest at home with moderate activity as tolerated, it may not be necessary to go to bed; however, it is important to rest for 24 hours following anesthesia or sedation.
6. Progress slowly to a regular diet unless your physician has instructed you otherwise. Start with liquids such as soft drinks, then advance to soup and crackers gradually working up to solid foods.
7. Certain anesthetics and pain medications may produce nausea and vomiting. If nausea or vomiting becomes a problem at home, please contact your physician.
8. If regional anesthesia is used (ankle or popliteal/knee block): Ankle blocks usually last 8-10 hours. Popliteal nerve blocks on average last 10-24 hours (but may last up to 2 days on rare occasions).

Follow-Up Care

Call your physician for your follow up visit.

Physician:

Allison Boden, MD
Office Phone: (502) 588-4521

EMERGENCY CARE

If you should experience difficulty breathing, persistent nausea or vomiting, or any pain that is unusual please call your physician. If you find that you are unable to speak directly to your physician or their staff, but feel that your signs and symptoms warrant a physicians attention, go to the nearest emergency room. Please note that an after-hours message through Epic or voicemail may not be returned until normal business hours and does not qualify as speaking directly to your physician.

Warnings:

Contact your physician if you have any of these symptoms.

- A) Continued bleeding through the dressings.
- B) If you are excessively dizzy.
- C) Excessive vomiting.
- D) Fever or chills.
- E) Change in color or temperature of your ankle, foot, and toes from your normal. (Remember, some discoloration in the toes is normal. However, if your toes become white or very dark call your physician immediately or go to the emergency room if unable to contact physician.)