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Medical and Surgical Treatment of the Foot and Ankle

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POST-OPERATIVE INSTRUCTIONS

CONGRATULATIONS! You have survived your surgery and have begun the road to recovery. Post-operative instructions and care are of great importance in your total surgical program. During this period of care, it is imperative to follow these instructions.

Instructions:

1. Go directly home and elevate feet on the way, if possible.
2. Upon arrival at home, remember the two most important things you can do in the first 24 hours: 1) Elevate the foot or ankle above the level of your heart.
2) Take your pain medications as directed.
3. A limited amount of pain and swelling is expected. In some cases, the skin may take on a bruised appearance. This is no cause for alarm.
4. Some of the deep dressings are soaked in Betadine (a brown liquid) to maintain a sterile wound. This may soak through and appear as blood – it is not. Blood will be bright red. If there is bright red blood coming through all the layers of dressings, then wrap an additional gauze roll around it. If it continues to bleed, contact Dr Warby.
5. If there is excess pain, determine if the outer dressing or ace bandage is too tight. If this is the cause of the pain, then gently loosen the outer bandage or ace bandage to alleviate the tightness. Elevate the foot or ankle. If there is still pain, make sure you have taken the prescribed amount of medicine.
6. Keep the dressings dry and clean. Do not remove bandages to inspect the operated area unless directed by the doctor.
7. Have prescription(s) filled before your surgery and take medication as directed. If medications cause stomach upset, headache, rash, or any other abnormal reactions, discontinue their use and call the Doctor.
8. If allowed, exercise ankles and knees frequently to stimulate circulation and healing.
9. If directed, do not walk or put any pressure on the surgery foot or ankle. Do not even put weight on the heel if the surgery was somewhere else. Putting weight on the foot or ankle or walking could be very hazardous to the surgery and after care and could result in a suboptimal result.
10. Curtail use of alcoholic beverages and smoking.
11. Elevate feet above the level of your heart by supporting the feet and legs with pillows. Do not impair circulation by placing firm pillows directly behind knees.
12. You may apply ice to your foot, ankle, or lower leg to help decrease the pain and swelling.
13. Bedding may be kept from irritating the surgery foot or ankle by use of a cardboard box to act as a cradle over feet.
14. Having performed the operation, we are interested in your prompt recovery. Please cooperate with us by following the directions above.
15. If you have not done so yet, call the office for your next appointment.