

# Foot and Ankle Surgery

## Post Operative Instructions

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### Medications

**\*Pain** (Hydrocodone/Acetaminophen, Darvocet, Vicodin, Norco, Lortab)

You have been prescribed a strong narcotic analgesic for pain. Take regularly as prescribed and as needed for pain. A common side effect of this medicine is constipation. Please make sure you add fiber or a stool softener if necessary and drink plenty of fluids to help avoid this.

**\*Non-Steroidal Anti-Inflammatory** (Ibuprofen)

Unless otherwise directed, take Ibuprofen 600mg every 8 hrs with food for the first 7 days following surgery. ***Do not take this medicine if you are taking a blood thinner (Plavix, Coumadin), or have a history of an ulcer, bleeding disorder, kidney problems or drug allergy.***

**\*Antibiotic:** (Keflex, Clindamycin)

If prescribed, please take this medicine as instructed.

**\*Antiemetic:** (Phenergan)

This medicine should help if you are nauseous after your procedure. If you cannot tolerate this medicine, please contact the office as there may be an alternative.

### Diet

Keep to a light diet the day of surgery. You may advance to your usual diet the day after surgery.

### Activity and Splint

Ice your foot/ankle area frequently to decrease swelling. Feel free to move around as comfort allows while in your splint. Keep your foot and ankle elevated, and try to keep above your head as much as possible. Be sure to move your ***unaffected*** ankle up and down (ankle pumps) to keep circulation moving in your calf. *A good rule of thumb is a set of 20 every 20 minutes while awake.*

### Dressing Change

Do not remove dressing. We will change at your first post-op visit.

### **Showering**

Do not get the dressing or your incisions wet. Keep clean and dry. Often a bag and tape can be helpful.

### **Post Operative Appointment**

Please call us for an appointment. We want to see you within 1 to 5 days after your surgery.

**To Do List:**

- ✓ Ice
- ✓ Bags to cover splint for shower
- ✓ An appointment for first post op visit