



NORTHERN CALIFORNIA FOOT AND ANKLE CENTER SANTA ROSA

"Committed to Excellence in Care of the Lower Extremity Since 1980"

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Reconstructive Surgery of the Foot and Ankle
Pediatric and Geriatric Foot Care
Gait Related Disorders of Hip and Knee

Fellow of the American Professional Woundcare Assn.
Diabetic Wound Care and Limb Salvage
Sports Medicine

Post-Operative Instructions

This information is to help you in your recovery after foot/ankle surgery. Please read this information carefully. Please ask your doctor or nurse any questions about your recovery at home. You will receive further instructions at your post-operative appointment. At any time if you have questions, please contact us at **(707)-544-3337**.

1. REST, ICE and ELEVATION

Try to rest and avoid being up for the first few days. Apply ice over the dressing or behind your knee and elevate your foot to heart level while sitting or lying down for the first 48 hours to help with swelling. Do not continuously ice the area for more than 20 minutes at a time. Ice and elevation will help reduce swelling and pain.

2. WEIGHT BEARING

Follow your surgeons directions if you able to bear weight on the operative extremity after surgery. Use crutches, walker, or knee scooter as instructed by your doctor. No driving unless cleared by your surgeon.

3. MEDICATION

Take pain medication as prescribed. If pain has been controlled after 24-48 hours, attempt to wean off narcotic pain medications. To minimize stomach upset from narcotics or anti-inflammatory medicine, take the medication with meals. Remember to stay well hydrated after surgery. You should be taking a stool softener (ex: Colace) as long as you are on any narcotic pain medication.

You may take Tylenol (acetaminophen) per the package directions only if your pain medication does not have any Tylenol in it (Percocet, Vicodin, and Norco all have Tylenol). Do not take more than 3000mg of Tylenol in a 24 hour period.

4. DRESSING/SHOWERING

Leave your dressing in place until you are seen for your post-operative visit. Keep your dressing clean and dry. Slight bleeding through the dressing or cast is common and you may reinforce the dressing with gauze and gauze wrap as needed.

No bathing, swimming, hot tubs, or submerging your foot/ankle until directed by your surgeon. Showering is okay only if you cover your dressing with a plastic cast cover and keep dry while showering. If you get the dressing wet, please contact your surgeon.

5. QUESTIONS/CONCERNS

Contact your doctor or surgeon for any of the following symptoms:

- Fever greater than 101 degrees F for more than 2 days
- Numbness, loss of good color, or coolness in the foot
- Severe pain unresponsive to narcotic medication
- Excessive bleeding or vomiting

If you have difficulty breathing, chest pain or shortness of breath, CALL 911

6. FOLLOW-UP

Your post-operative follow-up appointment should be in 1 week unless otherwise discussed. Call the office to confirm your appointment.