

NICHOLAS J. AVALLONE, M.D.

www.dravallone.com

After your Ankle or Achilles Tendon Surgery

DRESSING:

Keep the dressing dry. If you decide to shower, use a plastic bag over the entire dressing. Unless otherwise instructed, do not take the dressing off. Your first dressing change will be done in the office.

ELEVATION:

Keep your foot elevated as much as possible over the first 5 days to reduce swelling and pain. After that, make sure not to let the foot dangle (i.e. if you are sitting in a chair, put your foot up on another chair)

WALKING:

Use a cane or crutches to walk. Unless otherwise instructed, do not put weight on your foot.

MEDICATIONS:

You were given a prescription for pain medication before surgery. **IF YOU DID NOT GET YOUR PRESCRIPTIONS CALL THE OFFICE AT ONCE.** Be careful not to eat rich foods while taking the pain medication. Follow all precautions on the bottle. If the nausea continues, call the office.

PAIN:

In most cases, a local anesthetic is used which will make your foot numb for up to 12 hours after surgery. When you get home after surgery, you should take one or two pain pills even if the foot is numb. Then, once you feel the local anesthetic beginning to wear off, take another one or two pain pills.

FEVER:

It is common to have a slight fever (up to 101 degrees) after surgery for a day or two. Often this is coming from the lungs and means you need to take a deep breath or two every few minutes. If your fever reaches 102 degrees or you get shaking chills, call the office.

DRAINAGE:

Very often, blood will soak through the dressing and you will see the stain on the ace bandage. This is normal and nothing to worry about. If the drainage continues, however, and the blood begins to drip or completely soak the dressing, call the office.

POST -OP OFFICE VISIT:

You must call the office to make your first post-operative office visit. This should be 7 - 14 days after surgery.

THE ABOVE INSTRUCTIONS ARE GENERAL GUIDELINES ONLY. IF QUESTIONS REMAIN DR. AVALLONE CAN BE REACHED BY CALLING THE OFFICE.