



Foot or Ankle Surgery Post Operative Instructions Nick Avallone, M.D.

Crutches:

Use your crutches as instructed on the day of your surgery. Most patients will initially ascend and descend stairs by sitting on their bottom.

Ice:

Ice the foot or ankle to reduce swelling and discomfort, 10 minutes on and 30 minutes off. Do not ice the foot or ankle for more than 10 minutes at a time. Avoid getting your wound wet.

Elevate:

To minimize swelling, elevate the foot or ankle as much as possible for the first 5 days. 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).

Dressing:

Keep the dressing dry. If you decide to shower, place a plastic bag over the foot and ankle. Do not take the dressing off. Your first dressing change will be done in the office.

Follow-up visit:

You need to see the doctor about one week following surgery for your first post-op visit.

Common concerns:

Bruising, pain, discomfort, and swelling of the knee are common after surgery. To relieve this discomfort, ice and elevate the knee as described above. For pain relief, most patients take 2 Tylenol Arthritis and 2 Advil every 8 hours, as needed.

Please call if you experience:

Oozing or redness of the wound, fevers ($>101.5^{\circ}$ F), or chills.

Uncontrolled or excessive bleeding.

Calf pain, cramping, or swelling, as this may be a sign of a blood clot.

Difficulty breathing or heaviness in your chest.

REMEMBER - these are only guidelines for what to expect following foot or ankle surgery. If you have any questions or concerns please do not hesitate to call the office.