



Post Op Instructions for Foot/Ankle Surgery

1. **Wash hands** frequently to prevent the spread of contagious disease. Avoid ill visitors.
2. **Dressing/splint/cast: KEEP CLEAN and DRY. DO NOT remove.** Never touch incision or pins (if applicable). Cover with plastic bag/wrap.

**** IF allowed to take dressing off, ALWAYS KEEP INCISIONS CLEAN AND DRY****

3. **Elevate foot** above level of the heart over the next 2 weeks to help decrease swelling/pain.
4. **Activity:** Short periods of activity with frequent rest periods. Be active within the restrictions you were given for weight bearing. Use your ambulation aide as discussed with surgeon.

Your **weight bearing status** is: _____

5. Do straight leg lifts and bend knee as pain allows 3 times a day (promotes circulation/maintain muscle).
6. **Ice** next 1-3 days 20 minutes on, 40 minutes off. No ice directly on skin. Try ice behind the knee- may help reduce pain in foot/ankle.
7. **Coated Aspirin:** to prevent blood clots-take _____
8. **Pain pills:** take with food. If > nausea stop oral intake. Try Ibuprofen or Tylenol (follow bottle directions). When nausea less, try half or whole pain pill again. Can take Ibuprofen and your pain pills together. *Resume home medication.*

You can take next pain pill @ _____

9. **Return appointment @ Bone & Joint** _____

10. Call the Bone & Joint Center at 701-946-7404, if you have:

- Signs of **wound infection:** increased swelling, pain, warm to touch, red, persistent fever 101 or >
- Bloody, dirty or wet dressing

Emergency after 5 pm and weekends call CHI operator: 1-701-530-5588; ask to page Bone & Joint physician for you

Bone & Joint Center: 701-946-7404; 1-800-424-2663, ext 2. Call M - F 8 am to 5 pm.

Patient/ significant other

RN