



FOOT & ANKLE
CENTER
OF NEBRASKA

PATIENT NAME

DATE

ADDRESS

PHONE

Postoperative Instruction Sheet for Foot and Ankle Surgery

These postoperative instructions are intended to help you successfully recover from your foot or ankle surgery. The instructions listed here are general guidelines for your recovery. Your surgeon may modify these instructions to specifically tailor them to you and your surgery.

Bandage and Cast Care:

- Your surgery requires that your foot be placed in a bandage cast
- Bleeding through the dressings is quite common. This usually occurs for the first 1-2 hours after surgery. The actual bleeding has stopped by the time you see the drainage through your dressings.
- It is extremely important that you **DO NOT** remove your bandage/cast and **DO NOT** get your bandage/cast wet.
- You may elect to use a short leg shower protector to cover your bandage/cast while you bathe. Short leg shower protectors can be purchased in many pharmacies.

Activity:

- It is extremely important to keep your foot elevated close to heart level as much as possible to help reduce swelling and pain. This will speed the healing process.
- Avoid letting your feet down for periods longer than 10-20 minutes.
- Only essential activities should be performed.

Weight bearing:

- You should be non-weight bearing partial weight bearing weight bearing as tolerated.
- You must wear your postoperative shoe CAM boot at all times when ambulating.
- You need to use a cane crutches/walker a wheelchair to help you keep weight off the foot and assist with your mobility.

Pain Management

- You should take 2 tablets about 4-6 hours after surgery before the nerve block wears off.
- The first 1-2 nights you may need to take 2 tablets every 4 hours. Set an alarm clock to remind you to take your medication at night.
- DO NOT** drink alcohol when taking pain medication.
- If you have received a block the pain relief can last from 4-24 hours, this also means you may not have sensation or movement in your foot for that amount of time. You will have pain after the block wears off! Anticipate this and start pain meds prior to block wearing off.
- You should apply ice behind your knee for 20 minutes each hour. Make sure your ice pack does not leak water onto your bandage.

Medications:

- Resume your medications following surgery. Call your primary care doctor if you have questions.
- Ondansetron 4 mg – 1 tablet by mouth every 6 hours as needed for nausea.
- Oxycodone 5 mg – Take 1-2 tablets every 4-6 hours as needed for pain relief.
- Hydrocodone/Acetaminophen 5/500 mg – Take 1-2 tablets every 4-6 hours as needed for pain relief. **DO NOT** take any Tylenol (Acetaminophen) while taking this medication.
- Acetaminophen 1000 mg - Take 1 tablet every 8 hours for pain management.
- Enoxaparin 40 mg - Inject into the subcutaneous tissue every day for 3 weeks to decrease the risk of a blood clot.
- Aspirin 325 mg – Take 1 tablet every day for 6 weeks to minimize risk of developing a blood clot in the leg.
- Colace 100 mg - Take 1 tablet twice a day until you no longer need to use pain medication.

Diet:

- Start with clear liquids and light food. Advance your diet as tolerated.
- Consuming adequate amounts of protein, vitamin A, C and D, zinc, and calcium can assist in the healing process.

Follow-up Appointment:

- Call the office to set up an appointment within 1 to 2 days.
- Call the office to set up an appointment within 7 to 10 days.
- Follow up appointment is scheduled for _____.

Other Instructions:

- _____
- _____

Contacting the Doctor:

Call your doctor if you have any questions about your instructions or recovery, and especially if you are experiencing warning signs (see below). You may call the Foot and Ankle Center of Nebraska 24-hours a day at 402-391-7575. If you are unable to reach anyone or feel you have a medical emergency please go to the nearest emergency department.

Warning signs:

- Severe foot pain that is not reduced with elevation, ice and medication
- Bandage/cast accidentally getting wet
- Bandage/cast blood saturation
- Severe swelling and/or pain in the leg or calf
- Discoloration (blue or white) of your toes
- Fever >101.5 or lymph node tenderness in the groin
- Shortness of breath or chest pain
- Adverse reactions to prescribed medications

These instructions have been explained to me. I understand them and have received a copy of them.	
PATIENT OR LEGAL REPRESENTATIVE	DATE
DISCHARGING NURSE	DATE