

POST-OPERATIVE INSTRUCTIONS

FOOT & ANKLE SURGERY

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1. **Pain**: Every patient experiences pain after a surgical procedure. Our goal is to control your post-operative pain as much as possible. Following your procedure, you were most likely given a pain block that should effectively control your pain for a few hours. In anticipation of your pain block wearing off, please take pain medication as prescribed the evening of your surgery.

2. **Weight Bearing Status**:
 - a. Non-Weight Bearing: No weight should be placed on the surgically corrected foot or ankle. This can be accomplished with assistance from crutches, walker, rolling knee walker or wheelchair.
 - b. Partial Weight Bearing: Minimal weight can be placed on the surgically corrected foot or ankle; however, most of the weight should be placed on the heel. Please use assistance from crutches/walker/cane to help with stability.
 - c. Full Weight Bearing: Weight bearing is permitted in the surgical shoe or walking boot provided. A crutch or cane may be utilized for stability.
 - d. *Regardless of weight bearing status given, it is very important that you limit your weight bearing as much as possible for the first 3-5 days following your procedure. This will help with pain control as well as swelling.*

3. **Keep Your Dressing Clean, Dry and Intact**: Do not change or remove your dressing, unless instructed by a doctor. If your dressing feels too tight, please remove the outer ace bandage and re-wrap. If this fails to relieve your pain, please contact our office for further instruction. *Do not remove the inner layers of the dressing as this was placed in a sterile fashion in the operating room.* There can be drainage on the dressing. If this continues to grow in size or has an odor to it, please contact the office immediately.

4. **Elevate**: Please elevate your surgically corrected foot or ankle with pillows under your knee at or above the level of your heart. This helps with reducing swelling, which will contribute to pain control.

5. **Observation**: In most post-operative dressings, you should be able to visualize your toes. Please look at them daily to make sure the color is normal. If you notice a change in color, contact the office immediately.
6. **Message Your Calf Muscle Daily**: This helps move blood to prevent blood clot formation from occurring. Please perform this act multiple time a day.
7. **Medications**: Resume pre-operative medications as prescribed following surgery unless otherwise instructed. Also, if instructed, please take 325mg aspirin by mouth twice daily, as this will also help reduce blood clot formation.
8. **No Driving**: Driving a vehicle while wearing a cast or walking boot is illegal. It is also illegal to operate a motor vehicle while taking narcotic pain medication.
9. **Contacting the Office**: If you are experiencing a problem or have a concern, please contact the office at the number listed below. If it happens to be after office hours, remain on the line and you will be directed to the answering service. *If you feel this issue warrants immediate attention, please go to your local emergency department.*
10. **Follow-up in the office at OrthoClinic in 5-7 Days. Please call for an appointment.**



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