

# Next Step Foot & Ankle Clinic

## Post-Op Instructions—What to Do After Surgery

Taking good care of yourself during the post-op is a critical part of your surgical treatment program. It is imperative that you follow these instructions to ensure proper healing and to obtain the best results. Please initial each item below:

\_\_\_\_\_ Go directly home and keep your foot elevated on the way. Your local anesthetic should last for 2-5 hours, and sometimes will last until the next day. Do not use this time to do anything other than get home and get settled. Do not go to the pharmacy or out to eat, no matter how good you are feeling!!

\_\_\_\_\_ Once home, lay down with your foot up above your heart for 5 days. Bedding may be kept from irritating the surgical site by use of cardboard box to create a “tent” to keep the covers up and off the foot.

\_\_\_\_\_ **Take pain medications as soon as you get home.** Be sure to take it with food. Do not wait for pain, throbbing, or tingling. Take it as directed, and don't be a hero. The discomfort will only become harder to control if you wait until it becomes painful.

\_\_\_\_\_ Apply an icepack to your foot or ankle. Keep a towel between the ice and your dressing, making sure it does not leak. Keep the ice on or above the operative site for 2 hours on and 1 hour off while awake. Repeat this on and off procedure for the next 3 days.

\_\_\_\_\_ The first few days, only get up to use the restroom. Always wear your surgical shoe or boot no matter how short of a distance you are going. Do not apply weight to the foot/ankle that was operated on unless the Doctor instructs you otherwise. **You may walk only as instructed.**

\_\_\_\_\_ Limited swelling is expected. Occasionally, the skin may appear to bruise. This is no cause for alarm. If excessive swelling occurs call the office immediately.

\_\_\_\_\_ Keep your bandages or cast clean and dry. Some bleeding through the bandage is normal. **DO NOT remove the bandages or inspect the wound.** Simply add another layer of gauze to the top of the dressing if needed. Call the office if bleeding is excessive.

\_\_\_\_\_ No shower or baths for the first five days. **SPONGE BATH ONLY.**

\_\_\_\_\_ Exercise your legs frequently while lying down by bending your knees to stimulate circulation and speed healing.

\_\_\_\_\_ Do not use alcoholic beverages or smoke for 7 days after surgery. Their use will delay your healing and may cause scarring and make you more susceptible to infection. Drink plenty of healthy fluids and eat well balanced meals.

\_\_\_\_\_ Take only the medications that were prescribed to you.

\_\_\_\_\_ **Do not drive or operate heavy machinery for 24 hours after surgery.**

\_\_\_\_\_ Schedule your first post-op appointment with Dr. Silvester.

### **CALL THE OFFICE IMMEDIATELY IF:**

**\*Your medications do not stop the discomfort**

**\*Your medication gives you a headache, nausea, rash or other reactions**

**\*You bump or injure your surgical site**

**\*You develop a fever over 100 degrees**

**\*The bandages get wet or become overly soiled**

**\*There appears to be excessive bleeding**

**\*There appears to be excessive swelling**

**If you have any problems or concerns, call your Next Step office at 210-375-3318 or 830-569-3338 or you may call Dr. Silvester's cell phone at 830-200-6551. NSFAC.MS.03272017**