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Post-Operative Instructions: Foot Surgery

Pain Medication:

People vary in how much and often they need to take pain medication. Some never end up needing to take medication, while others end up needing to take the full amount prescribed to them. The first few days after surgery is usually when pain is the worst. It is very important that you only take the pain medication prescribed to you as directed.

Elevation and Ice:

It is EXTREMELY important to keep your leg elevated as much as possible to help reduce pain and swelling. You can ice the ankle over your dressing for up to 20 minutes at a time, multiple times per day. Let the area warm up before reapplication. Keep your dressing dry. If a cryotherapy device was ordered for you, use as directed by the representative.

Surgical Dressing, Showering, and Crutches:

Your post-operative splint and dressing must stay on at ALL times and should be kept clean, dry, and in place. You should cover it with a waterproof bag when bathing to keep it dry. Use CAUTION when showering so as not to slip and fall. **You may use a cane or crutches and bear weight through the heel.**

Nerve Block:

You may have received a nerve block with your surgery. If so, your leg may stay numb for up to 24 hours. Increased sensation (usually accompanied by pins/needles sensation) and movement of your affected extremity are signs that the block is wearing off. You may also experience pain and discomfort of the extremity as the nerve block wears off.

First Post-Operative Appointment:

Your first post-operative appointment should be scheduled for 7-10 days after your surgery. Call our office to schedule your appointment if you haven't already done so.

Driving:

You should not drive until further speaking with our team at your first post-op appointment. You should furthermore never drive while taking the pain medication prescribed to you.

Common Concerns:

- Bruising and/or swelling of the ankle and foot after surgery is common. Elevation and icing is the best way to alleviate this bruising and swelling.
- A sudden rush or feeling of fullness with pain when going from sitting to standing of the affected limb is common after surgery.

Patient Portal:

A great option for contacting our team is through the NY Orthopedics Patient Portal. If you haven't already registered, you may do so by heading to <https://www.newyorkorthopedics.com> and clicking on "Patient Portal Log In" in the upper right hand corner of the screen. You should then click the link "Sign up today" and follow the instructions to create your account.

Call the office IMMEDIATELY for:

- Severe pain, especially that which is not reduced with pain medication
- Pain, swelling, redness, or hardness of the calf (behind the leg between the knee and ankle)
- Fever ($>101.3^{\circ}\text{F}$) or chills
- Oozing or redness of the wound

Report to the nearest Emergency Room Immediately for:

- Difficulty breathing or heaviness/pain in the chest