Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Post-Operative Instructions
Hindfoot Surgery

This information is to help you in recovery after foot/ankle surgery. Please read this information carefully. Feel free to ask the doctors and nurse any questions you may have about your recovery at home. You will receive further instructions at you next doctor's visit.

Activities and Precautions:

- Keep your foot dressing dry and intact. **Do not** remove or change bandage.
- When you shower it is advisable to wrap your foot in a towel and cover it with a plastic bag or cast shower bag. This will protect your dressing from getting wet. Alternatively, it is better to take a bath and keep your foot outside of the tub.
- Keep your foot elevated as much as possible to help minimize swelling. "Toes above the nose" for at least 48 hours. When lying in bed, place the lower extremity on 2 to 3 pillows. When sitting, place the lower extremity on a chair. You may also apply ice. If possible, wiggle toes frequently.
- You should use your crutches or a walker, and put **no weight** on the operated foot.
- If necessary, take the following medications as prescribed at your discharge:
  - Aspirin 81mg 1 tablet twice daily for 42 days
  - Oxycodone 5mg 1-2 tablets every 4 hours as needed for pain
  - Zofran 4mg 1 tablet every 8 hours as needed for nausea and vomiting
  - Senna/Docusate 8.6/50mg 1 tablet daily while taking narcotic pain medication
  - Other _____

    *** *Stop taking these medications and call your doctor if you develop side effects* ***
- Your follow-up appointment should be arranged for you within 10-14 days.

When to call your doctor:

It is important to call your doctor if you notice any of the following symptoms:

- Redness, swelling, warmth, tenderness from your incision or dressing.
- Body temperature above 101.5 degrees F for more than two days.
- Significant increase in foot pain.
- A small amount of bloody drainage may be normal, if it persists, you should call the office.

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