

AFTER YOUR SURGERY

1. **HOME:** Go directly home. Stay there the rest of the day.

2. **BLEEDING:** Bleeding on the bandage is normal and is no cause for alarm. Bleeding may occur after walking on the foot/feet. Normally there is no fresh bleeding after the first 24 hours. If the bandage becomes totally saturated and the bleeding still continues, please call the office.

3. **BANDAGES:** Most patients will find it necessary to wear some type of bandage for 2-3 weeks following surgery. Unless instructed otherwise, do not remove bandages. Keep them dry, clean and intact. If the bandage seems too tight, it may be cut through with scissors and secured with tape without removing the bandage.

4. **WALKING:**

- **NON WEIGHT BEARING:** Do not put weight on the surgical foot until instructed by your surgeon. In most cases you will be dispensed a below the knee boot which should be worn 24 hours a day or until your doctor instructs you otherwise.

- **GUARDED WEIGHT BEARING:** Walking should be limited during the first 24 hours. You may then walk on your foot/feet as you can tolerate unless instructed otherwise. In most cases, you will have been dispensed a special postoperative shoe/boot to wear when walking. This shoe/boot should always be worn when walking, even for a short trip to the bathroom. Excessive walking during the first few days following surgery may cause bleeding, swelling, and pain.

5. **PAIN:** Your foot may remain numb for 4-24 hours depending upon the type of anesthesia used and your individual response to it. It is impossible to predict how much pain you will have because individual tolerance varies widely.

You should do the following to prevent and/or reduce pain:

A. **ELEVATION:** Elevate foot/feet as high as possible. Support legs so the knee(s) is slightly bent. A recliner chair works very well.

B. **ICE:** If it proves to be helpful for the first 24 hours, apply ice directly over the operative area. Commercial ice bags are available, or you may put ice cubes in a plastic bag and wrap a towel around the bag. Do not get the bandage wet.

C. **MEDICATION:** You have been given a prescription for pain medication to be used only as needed. If A and B above do not relieve pain, take the medication as directed on the bottle. Remember, it takes 20 to 30 minutes to get relief from pain medication taken by mouth.

6. **BATHING:** Showers are not allowed until the sutures and external pins are removed. A bath is possible holding the foot/feet on the edge or end of the tub. This should be done carefully with assistance if necessary. Sponge bathing is an alternative.

7. **SUTURES:** Sutures will be removed 10-14 days after surgery. Following suture removal you will be allowed to wash the surgical site, but soaking is discouraged for an additional 5 days to avoid opening of the incision.

8. **PINS, SCREWS, AND PLATES:** External pins are generally removed at 3-6 weeks depending on the procedure performed. Internal pins, screws, and plates are removed if and when they irritate the overlying soft tissue or cause an aching pain in the operative area.

9. **PROBLEMS/QUESTIONS:** Please call our office for assistance should any problems or questions arise.

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