



Post-op Instructions for Foot & Ankle

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Anesthesia

- General anesthesia was performed today. You may experience shivering, muscle soreness, or sore throat. Do not drink alcohol. Do not drive or operate machinery for the next 24 hours. Avoid making important decisions for 24 hours. Decrease your activities for the next few days. Slowly increase your oral intake starting with clear fluids. Remember to cough and take occasional deep breaths.
- Regional anesthesia, (a "block"), was performed. Once you get home, take your pain pills on a routine basis until the block has worn off. *The effects of the block typically wear off quickly.*

Medications

- Take your pain medicine as ordered and directed by your surgeon.
- Take your medication with food to help prevent nausea.
- Narcotic pain medication has a tendency to produce constipation. Avoid heavy meals and eat meals high in fiber.
- You may take Senna and Colace, or other over the counter stool softeners, twice a day while taking narcotics to help prevent constipation.
- You may use NSAIDs—Ibuprofen, Advil or Aleve in addition to your prescribed pain medication.
- Do **not** use NSAIDs.

Dressings

- Keep your dressing clean and dry. Cover the dressing with plastic while taking a shower. If the dressing becomes wet, you may carefully dry it with a hair dryer.
- You may shower on the _____ post-op day.
- Your dressing will be removed at your first post-op appointment.

Weight Bearing

- Weight bearing as tolerated.
 - You may walk on your foot once the regional anesthesia has worn off and sensation has returned to your foot. Initially, walk on your heel. If a post-op shoe or boot was provided, use it to bear weight when you stand or walk.
- Toe-touch weight bearing. You may use your toes to maintain balance, but do not bear any weight on your surgical foot. You will need to use crutches, a walker, or other mobility assist devices.
- Non-weight bearing.
 - No weight bearing on the operative foot.

Post-operative Swelling

Significant post-op swelling is to be expected and may cause an increase in pain and throbbing. To help reduce swelling:

- Make sure your dressing is not too tight. (The toes of both feet should be pink and warm). You may loosen the ace wrap if necessary.
- Elevate your foot above the level of your heart. Spend as much time as possible with your foot elevated. It will make your recovery much easier if you continue to use/exercise the other parts of your body (exercise your arms, hips, knees, etc.)
- Use ice to your foot/ankle, 30 minutes on/30 minutes off, while awake. *Never* place ice packs directly on the skin.

General Instructions

- Resume taking your normal medications unless otherwise instructed.
- Drink plenty of fluids and eat light meals for the next 24 hours, this can decrease your chance of nausea. If nausea occurs, maintain a fluid diet until your nausea subsides.
- To promote healing and decrease the chance of infection, do not smoke or use tobacco products.

Special Instructions

Follow-up Care

Keep your post-op appointment as scheduled. If you do not have an appointment, please call (503) 656-0836 to schedule one.

When To Call the Doctor:

- Excessive bleeding
- Excessive pain
- Fever over 101 degrees
- Inability to urinate within 8 hours of discharge
- If incisions show signs of infection such as increasing redness, pain, or drainage
- **DIFFICULTY BREATHING OR SWALLOWING: CALL 911**

If you have any questions or concerns, please contact Dr. Feinblatt @ (503) 656-0836

I have read and understand the instructions provided.

Responsible Adult Signature: _____

Instructions Given By: _____ Date: _____