

## Stephen Blake Wallace MD

### Discharge Instructions – Foot and Ankle Surgery

#### Activity: NO Weight Bearing on your Surgical Leg

- Do not put any weight on operative your foot.
- Use crutches/knee scooter at all times.
- Elevate your operative foot on the elevator pillow provided to you.
- Elevate leg 6 inches above heart, with foot above knee and knee above hip.
- The heel should be completely free of any pressure.
- Do not allow your operative foot to rest below the level of your heart.
- Move from bed to bathroom to couch and back several times a day.
- No driving until approved by your doctor.

#### Activity: OK to Weight Bear on your Surgical Leg

- \_\_\_\_\_ Weight bearing as tolerated with walking boot. The boot needs to stay on at all times, except when changing clothes. Do not remove the surgical bandage underneath.
- \_\_\_\_\_ Weight bearing as tolerated with a post-operative shoe.
- \_\_\_\_\_ Only weight bear on your heel.
- You may return to work as instructed by your doctor.
- Do not drive while taking pain medication and until approved by your surgeon.
- Keep your foot elevated above heart level. If provided with a foam elevator pillow, use it.
- You may do straight leg raises, ankle pumps, flex and extend the knee, and wiggle your toes to help with circulation.

#### Medications:

- \_\_\_\_\_ Restart your normal/routine medications.
- \_\_\_\_\_ If you are on a blood thinner, you may restart it on the night after surgery.
- \_\_\_\_\_ Aspirin: Take 325 mg daily beginning tomorrow morning. This is to prevent blood clots.
- \_\_\_\_\_ Zofran (ondansetron): Take as prescribed for nausea.
- \_\_\_\_\_ Hydroxyzine: Take as prescribed for itching (under your bandage).
- \_\_\_\_\_ To enhance bone health and healing: Take Vitamin D3 2,000 units daily, calcium 1200-1800mg daily (carbonate or citrate), Vitamin C 1,000mg daily, and Magnesium 400mg daily.

#### Pain Management:

- \_\_\_\_\_ You received a single shot nerve block. This will wear off between 12-24 hours after surgery. When you start to feel sensation in your leg, start taking your pain medications.
- \_\_\_\_\_ You are going home with a peripheral nerve catheter: see block instruction in pamphlet.
- \_\_\_\_\_ Oxycodone/acetaminophen - Take as prescribed.
- \_\_\_\_\_ Ibuprofen - You may take Ibuprofen, as needed, for pain.
- \_\_\_\_\_ Do NOT take Advil, Motrin or Ibuprofen. It may inhibit healing bony healing.
- \_\_\_\_\_ Tylenol (acetaminophen) – if your pain medicine contains Tylenol, you may still take additional doses, but do NOT take more than 4,000 mg total a day of Tylenol.
- \_\_\_\_\_ Other:

- You should not exceed 4,000 mg of Tylenol (Acetaminophen) in a 24 hour period.
- Pain medication generally takes one hour to become effective. Take before you feel intense pain.
- **Take a pain pill before you go to bed the first night after surgery. Set an alarm every 4-6 hours after that, wake up and take a pill, and go back to sleep to stay on top of the pain.**
- Pain medication can cause nausea: do not take on an empty stomach.
- If your pain medication causes persistent nausea or vomiting, call your surgeon.
- **Pain medication may cause constipation. To prevent constipation, increase fluid and fiber. You may take a stool softener, such as Colace, as needed. If no bowel movement after 3 days, take a mild laxative such as Senokot, Miralax or Milk of Magnesia.**
- Pain medication may make you dizzy and/or sleepy. Move slowly when changing positions.
- Do not drink alcohol when taking pain medication.
- It is important to take your pain medication as prescribed by your surgeon and to call the office before your medication runs out. Refills on nights and weekends cannot be guaranteed. Current legislation prohibits prescriptions for more than 7 days' supply.
- After recovery, dispose of pain medications properly. Call your pharmacy for options.

#### Dressing and wound care:

- Do not shower. Sponge bathe only.
- Do not remove your dressing, splint, cast or ACE bandage.
- Call the clinic if your dressing or splint becomes wet.

#### Diet and Nausea postoperatively:

- Eat light food after surgery. Avoid spicy and greasy foods. Progress to other food as tolerated.
- If you have nausea, limit your diet to small amounts of clear liquids. If it continues, call the clinic.
- A high protein diet following surgery is important for wound healing.
- Avoid alcohol while taking pain medications.

#### Care of your IV site:

- Keep IV site covered with a clean band aid for 24 hours. Report unusual drainage, redness or swelling to your surgeon.

#### Call Your Surgeon if you develop or experience:

- Fever (greater than 101.4 degrees).
- Rash or unexplained redness on your operative leg.
- Excessive bleeding or drainage from your dressing.
- Odor from your dressing.
- If you injure your operative leg.
- If you develop any reaction to your medications such as rash, hives, itching, nausea or vomiting

Call 911 or Seek Care Immediately if you develop or experience:

- Difficulty breathing/shortness of breath.
- Chest pressure/pain or pain when you take a deep breath or cough.
- Confusion or lightheadedness.
- Unexplained pain in your arms or legs with a tender/swollen/red area.
- You develop severe pain in your abdomen or pelvis.

Additional Instructions/Information:

- Smoking increases your risk of infection and developing blood clots or lung problems after surgery. It also significantly impairs your body's ability to heal as well as expected.
- Do not schedule any dental work or other surgery for at least 12 weeks following surgery unless cleared by your surgeon.
- At your follow up appointment, your dressing and staples or sutures will be removed. *You may want to take pain medication one hour before your appointment.*
- Bring your walking boot, ankle brace, post op shoe, or regular shoe to the follow up appointment if you are being transitioned out of your cast or splint.

**Important Phone Numbers**

- Plano Orthopedic and Sports Medicine Center.....(972) 250-5700
- Legent Orthopedic Hospital.....(972) 810-0700
- Texas Health Surgery Center Preston Plaza.....(972) 267-5400
- Baylor Scott & White Medical Center at Frisco.....(214) 407-5000
  
- Dallas Anesthesia Group.....(469) 515-5155
- USAP – Texas (North).....(972) 715-5080

\_\_\_\_\_ Follow up appointment keep as scheduled: Date \_\_\_\_\_ Time \_\_\_\_\_  
 \_\_\_\_\_ Please call to schedule your follow up visit 2-2.5 weeks after your surgery.

I have received, read and understand the above instructions. All of my questions have been answered.

Patient Signature: \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_  
 Responsible Party: \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_  
 Nurse Signature: \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_