

Dr. Mathew Taylor Post-operative  
Instructions for Foot/Ankle Surgery

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Medications/Diet

1. Eat only light, non-greasy foods today.
2. Take pain medications with food.
3. While taking pain medications, you may not operate a vehicle, heavy machinery or appliances.
4. While taking pain medications, you may not drink alcoholic beverages.
5. While taking pain medications, you may not make critical decisions or sign legal papers.
6. If you have any reactions to your medicines, stop taking them and call my office immediately.
7. Please keep in mind that itching is a very common side effect of narcotic pain medicines, and if not allergic, over the counter Benadryl (diphenhydramine) may be used as directed.
8. Please keep in mind that constipation is a very common side effect of narcotic pain medicines.

We recommend that patients take precautions to prevent constipation:

- a. Drink plenty of water (6-8 glasses of 8 oz. a day).
- b. Avoid alcohol and excessive caffeine.
- c. Eat plenty of fiber (fruits, vegetables and whole grains).
- d. Take an over-the-counter stool softener: Colace (docusate) or Dulcolax (bisacodyl).

The following medicines: \_\_\_\_\_

Were sent electronically to \_\_\_\_\_

The following medicines were printed: \_\_\_\_\_

Yes / No Please take a daily / two times per day – 325 mg Aspirin - to help prevent blood clots

Activity / Exercise

1. Range of Motion:

\_\_\_\_\_ You may bend your knee / ankle as much as dressing will allow.

\_\_\_\_\_ You are in a splint – range of motion is limited.

2. Weight Bearing

\_\_\_\_\_ You may weight bear as tolerated – use crutches only if needed for pain control.

\_\_\_\_\_ You are partial weight bearing – use crutches for safety.

\_\_\_\_\_ You are non-weight bearing – use crutches for safety.

Yes / No Physical Therapy script printed today. Please call to get appointment setup as discussed.

3. If not in a splint, please continue to move your ankle up/down and tighten/relax your calf muscles several times every hour.
4. In effort to reduce swelling, the optimal position of your leg is for you to be lying flat, with your ankle higher than your knee, and your knee higher than your heart.

5. It is important to continuously elevate your ankle AND keep ice applied as long as pain or swelling persists.
6. Do not apply ice directly to skin or allow water to leak on your dressing.

#### Dressing / Wound Care

1. Please keep dressing dry / splint dry.

\_\_\_\_\_ You can remove your dressing 48 hours after surgery. At that time, you can begin showering and get your incision wet. Simply dry the incision after a shower and cover with a dry dressing or Band-Aid.

\_\_\_\_\_ You are in a splint. DO NOT remove splint until your next follow-up, and keep dry at all times.

2. Even after changing the dressing, it is normal to have some clear or bloody drainage from your incision/s.
3. Please - absolutely NO BATHS, HOT TUBS or POOLS.

#### Emergency / Follow-up

1. Please notify my office if you develop any fever (101° or above), unexpected warmth, redness or swelling, or severe increased of pain in your knee.
2. Please call if your toes become suddenly cold, purple, prolonged numbness or there is excessive bleeding.
3. Please call the Emergency Squad / 911 if you have sudden chest pain or severe shortness of breath.
4. Your post-operative office follow-up has been scheduled for you. Please call if you have any questions
5. Regarding pain medicine, please call the office before 12 pm on Friday if you do not have enough pain medicines for the weekend. The office closes at 12pm noon on Friday for the weekend as I am in surgery that day.
6. As a group rule, we do NOT call-in narcotic medicines over the weekend.

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_