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## POST OPERATIVE INSTRUCTIONS FOOT/ANKLE SURGERY

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1. You will be given 5 medications to take, use as directed on the bottle:  
Ibuprofen 600 mg (Mild to moderate pain)  
Percocet 5/325 mg (Severe pain)  
Vistaril 25 mg (Nausea/vomiting, itching, insomnia)  
Colace 100 mg (Constipation)  
Aspirin 325 mg or Eliquis 2.5 mg (Blood clot prevention)
2. Take pain medication as directed, **DO NOT WAIT** until the pain is unbearable. After 24-48 hours, if you find the pain medication is too strong, you may switch to Tylenol 500 mg (no more than 8 tablets per 24 hours), Ibuprofen (Motrin, Advil), or Naproxen (Aleve).
3. Take aspirin (325 mg) once daily (or Eliquis 2.5 mg 2 times/day) by mouth for 6 weeks for blood clot prevention.
4. Elevate the leg above the level of the heart to reduce swelling. Do this multiple times a day. You may alternate your position if it becomes uncomfortable. Additionally, to further decrease swelling you may use an ice pack over the foot/ankle if not covered by a cast/splint, 3-4 times a day for 20 minutes.
5. **REST** is essential. The body needs rest after the stress of surgery and caution is needed. Be careful of getting up too quickly as postural hypotension (feeling like you might pass out) can be common. Let friends and family help with even simple chores.
6. Use crutches. **DO NOT** put weight on your leg until your next office visit.
7. Swelling around the knee and down the leg to the foot and ankle region is to be expected for the first few weeks following surgery. If the dressing feels too tight, you may loosen the elastic bandage, elevate the leg, and apply ice to help minimize the swelling and discomfort. **DO NOT** remove any of the dressings.
8. **KEEP THE FOOT/ANKLE DRY** at all times to speed incision healing. Showering can be a challenge. A simple lawn chair in the shower often makes life easier. Special cast bags can be found at some pharmacies. If you use a tall kitchen trash bag, secure at the thigh and then use a second bag a bit further up to keep the limb dry.
9. Bend the knee and hip to tolerance. Continue to move toes up and down unless otherwise specified.
10. Call the doctor's office on the day following surgery to arrange for a follow-up appointment. Office phone number is **732-283-2663**. You should be seen in the office **within 7 days** following your procedure.
11. **Call Dr. Beiro's office/answering service immediately if you experience any persistent pain, swelling, numbness at the foot or toes, excessive bleeding or drainage, tenderness in the calf area and/or shortness of breath. If for any reason you do not speak to a physician, please go to the nearest Emergency Department.**