



ORTHOSOUTH

excellence integrity compassion

Dr. Cincere Post- Operative Instructions for Foot and Ankle Surgery

1) REST, ICE AND ELEVATION

Elevate your Foot and Ankle above the level of your heart. You should apply an ice pack to your surgical site for at least 15-20 minutes every 2 hours while awake for the first 3-4 days after surgery. This will help reduce pain and swelling. If you have a cast or splint, Do NOT get it wet and Do NOT remove. Do not allow your Foot and Ankle to dangle, keep elevated.

2) CRUTCHES

Use crutches for security and comfort. NO Weight bearing is allowed. Pain and swelling are your activity guides.

3) EXERCISE

Begin exercises as soon as possible. 10 sets every hour while awake

Quad Sets – Straighten your knee, tense the quad muscle, push back of knee into bed and hold for count of 10

Straight Leg Raises (SLR) – with a straight leg, tighten your thigh muscle and lift your leg approx. 24 inches, hold for a count of ten. Then slowly lower your leg keeping your leg straight and thigh muscles tight.

Hamstring Sets – push heel into bed for a count of 10

Ankle Pumps – Push your ankle up and down as if pressing a pedal of the opposite leg. This promotes blood flow.

No sports, running, excessive stair climbing, squatting or jumping. If your job requires little physical activity you may return to work in 2-3 days. If your job requires considerable standing, lifting, walking or climbing, discuss your return to work date with your surgeon.

4) MEDICATION

- a. Take one enteric coated Aspirin 325 by mouth once a day starting the day of surgery
- b. Take the following prescribed medication as directed:

To minimize stomach upset, take with food. An over the counter reflux medication, like Prilosec, may be taken with anti-inflammatories. Remember narcotics may cause constipation and a laxative may be needed also drink plenty of water.

5) DRESSING/SHOWERING

- a. Do NOT remove cast/splint unless directed by MD.
- b. Do NOT wet cast/splint, it will fall apart. Use bath tub and hang leg over the edge and place in trash bag

6) QUESTIONS/CONCERNS call 423-624-6584

- a. Fever greater than 101.5 degrees F
- b. Numbness, loss of color or coolness of skin on the leg
- c. Severe pain that is not relieved by narcotic medication
- d. Excessive bleeding or vomiting
- e. Difficulty breathing or shortness of breath, Call 911 or go to the emergency room

7) Follow Up

Your post-operative appointment is scheduled on: _____