



### **Activity**

- Plan to rest for at least the first 24 hours. Then resume activity only as directed by your surgeon. Different surgeries will have different return to activity instructions.
- Wiggle toes up and down to help prevent blood clots.

### **Weight Bearing**

- Weightbearing as instructed by your provider.
- If you have a soft dressing on your foot, it is recommended to partial weight-bear on the heel only, unless otherwise instructed.
- If you have a hard splint on your foot and leg, you must remain non-weight bearing.
- No barefoot walking after surgery.
- Recommend no more than 5 to 10 minutes per hour of activity within the first 2 weeks of surgery.

### **Bathing**

- Do not remove your operative dressings until your first follow-up appointment.
- Do not shower or bathe your operative limb until directed to do so by the surgeon.
- Do not soak, shower, submerge, or allow the operative dressings to get wet.
- If your dressing gets significantly wet, you must call the office as soon as possible.
- A cast cover/shower bag can be purchased online or at your local pharmacy to help keep your extremity dry after surgery.

### **Diet**

- Gradually resume your regular diet as tolerated.
- A diet high in protein and low in carbohydrates is recommended.

### **Driving (if applicable)**

- No driving for 24 hours post-surgery due to the anesthetic or anytime you are on pain medication.
- Never drive while wearing a boot, splint, or cast.
- If the operative limb is used for driving, discuss this at your follow-up appointment.

### **Educational**

- The medication which was used to put you to sleep will be acting in your body for the next 24 hours, so you might feel a little sleepy. This feeling will slowly wear off. For the first 24 hours, you should not:
  - Drive a car, operate machinery, or power tools.
  - Drink any alcoholic drinks (even beer).
  - Make any important decisions, sign any important or legal papers.
- For your safety we strongly suggest that a responsible adult stay with you for the rest of the day and during the night.

## **Medication**

- Take pain medication as directed.
- Narcotic pain medications can cause constipation. You may take an over-the-counter stool softener or laxative if needed.
- Take antibiotics (if prescribed) as directed. May cause an upset stomach. You may take a probiotic or yogurt daily.
- Postop nausea can be common, please take anti-nausea medication as directed (if prescribed).
- Take aspirin 81 mg once per day for 14 days to help prevent blood clots if history or increased risk for blood clots after discussing with your provider.
- It is very important to properly dispose of unused narcotic medications. Please contact your local pharmacy or visit [www.dea.gov/takebackday](http://www.dea.gov/takebackday) for further instructions.

## **Return to Work/School**

- You may return to work/school at your surgeon's discretion.

## **Wound Care**

- Ice therapy to be used to control swelling.
- Place an ice pack behind the operative knee for 30 minutes per hour, repeat every 2-4 hours.
- Do not place ice directly on the bandage or directly on skin.
- Do not remove the dressing, do not get the dressing wet.

## **Suicidal Feelings**

If you are having thoughts of suicide or injuring yourself, get help right away.

- Call 911
- Call a suicide hotline to speak to a counselor 1-800-273-TALK or 1-800-SUICIDE.

## **Notifications**

Please call the office for any of the following:

- Fever greater than 101 °F
- Chills
- Vomiting
- Shortness of breath
- Chest pain
- Increased redness or swelling on operative leg
- Questions or any other problems, please call 865-686-8486.

## **Patient Experience**

Thank you for choosing Foot and Ankle Specialists of Tennessee. Please take a moment to share your experience with us. Your feedback and satisfaction are very important to us. You can scan this QR code with your phone camera to easily leave us a review.

