



FOOT and ANKLE DISCHARGE INSTRUCTIONS

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RETURN APPOINTMENT: Call to schedule appointment for the week after surgery.

DRESSING: Keep dressing/splint clean and dry until your postoperative appointment.

BATHING: Cover the dressing/splint with a waterproof bag during showering.

ACTIVITY:

- **ELEVATE** the operative area above the level of the heart as often as possible.
- **ICE** as often as possible (many times per day). ****THIS IS VERY IMPORTANT****
The cold from the ice will go through the splint.
- **DO NOT DRIVE** until out of the splint and no longer taking prescription pain medication and cleared by Dr Quinby.
- **DO NOT PUT WEIGHT** on the operative foot/ankle.

PHYSICAL THERAPY:

****This is THE most important part of having a good result after your surgery.****
Begin formal physical therapy when prescribed by Dr. Quinby. Perform home exercises every day that you are not working with the physical therapist.

PAIN MEDICATIONS:

- If you are **NOT** on blood-thinners, you **MAY** take ibuprofen (Advil®, Motrin®), naprosyn/naproxen (Aleve®), or any other prescription “anti-inflammatories.”
- **One half a tablet to two tablets** of your prescribed pain medication (oxycodone, hydrocodone, hydromorphone) may be taken every 4-6 hours as needed for pain. **Do NOT take more than a total of 12 tablets per day** [i.e., more than 4000mg of acetaminophen (Tylenol®, APAP)].
- Nausea is very common with these types of narcotic medications and can occur with all varieties of pain medications. It is not an “allergy”. Taking the medication with some food is best.
- **DO NOT** take Tylenol® in addition to the narcotic pain medication or drink alcohol while taking any Tylenol®-containing product such as cold/flu over-the-counter remedies. **You MAY substitute a dose of regular Tylenol® for a dose of the prescribed pain medication but do not take both at the same time.**
- Pain is typically at its worst 2-3 days after surgery.

PROBLEMS TO REPORT:

- Fever greater than 101.5°F.
- Incision becomes very red, progressively swollen, or persistently draining.