



## Post-Surgery Instructions

- Go home immediately from surgery and elevate your foot and ankle above heart level.
- Once you are home go ahead and start icing the foot and ankle. See instructions for making a homemade ice pack
  - o If you have a bandage that goes up to the knee then apply the ice pack behind the knee
  - o Leave the ice on for 30 minutes, then give it 30 minutes without ice
- Do not remove the bandage unless instructed by your physician
- Leave your bandage clean and dry. Use a shower protector bag for showering if needed
- Remain non-weight bearing if possible unless otherwise instructed by your physician
  - o Utilize a knee scooter or crutches to ambulate without applying pressure to the surgical limb
- Take your pain medication as prescribed by your physician.
  - o You will start the pain medication when you notice “pins and needles” feeling in your foot or toes. This indicates the nerve block is wearing off.
  - o Notify your physician immediately if your pain is unbearable
- Call you physician immediately if you begin to experience these symptoms:
  - o Temperature above 101.1 F
  - o Extreme pain in the surgery site
  - o Excessive bleeding from the bandage
  - o Pain in the calf
  - o Chest pain
  - o Shortness of breath

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