



FORT WORTH ORTHOPEDICS

P: (817) 433-3450
Dr. Steven Singleton
Kayla Davenport
Mary Chairez

Postoperative Instructions for Foot/Ankle Surgery

Your Surgery Included:

Arthroscopic

- Debridement / Os Removal
- Articular Cartilage Repair
 - Microfracture
 - OATS
- Synovectomy
- Lysis of Adhesions
- Subtalar Joint

Open

- ORIF Fracture
 - Ankle
 - Syndesmosis
 - Lis Franc
- Bunion Reconstruction
- Tendon Repair/Transfer
 - Achilles
 - PTTD
 - Peroneal
- Gastrocnemius Slide
- Ligament Repair/Reconstruction
- Debridement / Os Removal
- Articular Cartilage Repair
 - Microfracture
 - OAT
 - ACI

1. **Explanation:** Foot/Ankle surgery is commonly done in an 'out patient' setting allowing you to have surgery and return home both safely and comfortably the same day. On occasion, a patient will have nausea or pain severe enough to require overnight hospitalization.

2. **Pain Management:** A cold therapy cuff, pain medications, local injections, and in some cases, regional anesthesia injections are used to manage your post-operative pain. The decision to use each of these options is based on their risks and benefits.

Cold Therapy: You may have been sent home with a cold wrap for your foot/ankle. This wrap will help relieve pain and control swelling. Use the wrap throughout the day for the first two days and then as needed.

Regional Anesthesia Injections: You may have been given a regional nerve block either before or after surgery. This may make your entire foot/ankle numb for 24-36 hours.

3. **Medications:** You were given one or more of the following medication prescriptions before leaving the hospital. Have the prescriptions filled at a pharmacy on your way home and follow the instructions on the bottles. If you need a refill on your medication, please call your pharmacy.

Narcotic Medication (usually Norco or Tylenol # 3): Begin taking the narcotic medication before your foot/ankle begins to hurt. Some patients do not like to take any medication, but if you wait until your pain is severe before you take the narcotic medication, you will be very uncomfortable for several hours waiting for the narcotic to work. Always take the narcotic medication with food.

Phenergan: If you have nausea at home, use this medication as directed.

Antibiotic (Keflex or Cleocin): Depending on the procedure, you may have been sent home with a two-day course of an antibiotic. Take as directed.

4. **Diet:** Eat a bland diet for the first day after surgery.

5. **Activity:** Limit your activity during the first 24 - 48 hours, keeping your leg elevated. After the first 24 - 48 hours at home, increase your activity level based on your symptoms.

6. **Splint / Fracture Boot / Hard Sole Shoe:** You will be given instructions on the care of your splint, boot, or shoe. In the meantime, unless otherwise instructed, keep this on at all times.

7. **Dressing Change:** Keep your post-operative dressings clean and dry. You will be instructed on how and when to change these dressings.

8. **Showering:** Keep your splint/dressing dry when you bathe, wrapped in a plastic bag.

9. **Ankle Exercises:** These exercises will help control swelling and prevent stiffness:
 - Ankle Pumps – Move your ankle up and down throughout the day.
 - Toe Curls – Pick up a towel with your toes.
 - Heel Raises – Beginning with your feet flat on the floor, rise up onto the balls of your feet. Perform 3 sets of 10 repetitions.

10. **Physical Therapy:** Physical therapy is an essential component to your recovery from surgery. Unless other instructions are given, you will begin physical therapy on the day after surgery. Mary will coordinate your first appointment. We will work together with the physical therapist to help ensure the best possible outcome.

Your first post-operative visit will be 10-14 days after surgery. If you have any problems, please contact the office at (817) 433-3450 opt # 4.