

**Swelling:** It is very important to keep your foot and ankle elevated above your heart as much as possible to prevent swelling and decrease pain. The more you keep the foot elevated, the less pain and swelling you will have.

**Dressing Care:** Do not remove your dressing / splint until your follow-up appointment. Keep the dressing clean and dry.

**Bearing Weight:** Do not put any weight on your operated ankle / foot until instructed to do so by your surgeon.



**Bathing/ Showering:** You must keep the dressing/splint clean and dry until your follow up appointment.

**Driving:** It is illegal for you to drive if you have any disability or limitations related to your foot or ankle, or if you are taking narcotic pain medication.

**Medications:** Generally you will be prescribed a narcotic pain medication to help relieve discomfort following surgery. Narcotic pain medications are constipating, so it is important that you eat a high fiber diet and drink plenty of water while you are taking them. You can not drive or operate any kind of machinery while taking pain medications. Do not drink alcohol while taking pain medications. It is important to take these medications as directed and only take them as necessary for pain.

**Warning Signs:** Call your orthopaedic surgeon if you experience any of the following:

- Fever of 101.5° F or higher.
- Chills.
- Persistent warmth or redness around the foot and ankle.
- Persistent or increased pain.
- Significant swelling in your foot.
- Shortness of breath or chest pain
- Unusual bleeding (some surgical wound drainage is normal)
- Numbness or tingling of the foot.

Go to the Emergency Room immediately if you experience any CHEST PAIN or SHORTNESS OF BREATH, as these symptoms can be a sign of a life threatening condition.

**Follow-up Appointment:** You should have a follow-up appointment to see Dr. Grutter 10-14 days following surgery. If your follow-up appointment was not previously scheduled please call the office when you get home.



**Exercise Guide:** It is okay to gently move your toes when you feel comfortable. At least three to four times a day let your foot hang and bend your toes like you are making a fist and then straighten them.