

➤ **WEIGHT BEARING AS TOLERATED**

- You may bear weight, but it is still important to be protective and cautious at this point in the post-operative period
- Wean from the post-op shoe to your regular shoe as you feel better and swelling decreases
- Decrease activity if you notice an increase in swelling that does not go down overnight or causes you a significant amount of pain

➤ **REMINDERS:**

**1) ICE**

- 20 minutes on, 20 minutes off
- ice as often as you would like
- at bedtime is helpful for pain relief

**2) HYGIENE**

- Showering is okay, but do not soak or submerge in a bath
- Water and soap can run over incision/steri strips/pin sites
- Do not scrub your wounds
- Leave open to air after shower for 5 minutes, then replace dressings

**3) MOTION**

- Do your range of motion exercises as much as possible
- Getting back your motion is an important part of your recovery

➤ **MEDICATIONS**

- Only continue narcotics for pain management if absolutely necessary. Start to wean (spread out doses or use less) narcotics, trying alternatives like Ibuprofen or Tylenol.
- Remember: Ice is also a great pain reliever.
- Do not take Tylenol and Percocet/Norco/Vicodin at the same time. (They already contain Tylenol/acetaminophen)