

## Post-Operative Instructions for Foot/Ankle Surgery

### Dressing/wound care:

- Keep dressing or splint clean and dry
- Do not remove dressing, reinforce if needed if it becomes saturated or loose
- Elevate as much as possible to maximize wound healing and decrease swelling

### Weight bearing:

- Strictly follow weight bearing restrictions
- Do not increase weight bearing even if you begin to feel better

Medications: You may be given a prescription for pain, anti-nausea, inflammation and/or blood clot prophylaxis.

- Narcotics* – you may take these as directed or as needed. You are not required to take these, however it is beneficial to take on schedule to keep pain controlled during your first few days after surgery. (i.e. Percocet, Norco, Vicodin)
- Lyrica* – this medication is for nerve related pain. It is recommended that you take this for the first 3 nights following surgery.
- Zofran* – anti-nausea medication that is to be taken only as needed
- Ibuprofen* – a prescription will be given for ibuprofen as a reminder to take it. You may buy this medication over the counter and take 3 (three) 200mg tabs 3 times daily on a full stomach. You should do this for the first 3 days following surgery to help decrease inflammation and therefore decrease your pain.
- Aspirin* – a prescription will be given for EC ASA (enteric coated Aspirin) 325mg to help with blood clot prevention/DVT prophylaxis. This is a reminder prescription and can be purchased over the counter. You should continue this medication as long as you are non-weight bearing or with limited mobility.

Follow up appointment: Call Dr. Levine's office to schedule your first follow up appointment (212.606.1940). This will be 10-14 days following your surgery. At that time, your splint or dressing will be removed and sutures will be removed by the nurse. You will see Dr. Levine's PA Lisa Pearson at this visit. Instructions for exercises, change in weight bearing, and showering will be discussed. Outpatient physical therapy may be prescribed at this time.