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### **POST-OPERATIVE CARE AFTER SURGERY (WEIGHT-BEARING PERMITTED)**

The following instructions will help minimize pain and swelling and promote good healing after surgery:

Keep the bandages clean, dry and intact. Do not remove the bandages. If they become dirty and/or wet, notify Dr. Co immediately. You will need to have them changed to decrease the risk of infection.

Remain flat on your back with the foot elevated above heart level. Exercise both arms and opposite leg/foot (nonsurgical side) to keep your blood circulating. Good exercises include big circles or lifting them up and down 10 times every hour while awake. This will decrease your chances of forming a blood clot. Keep the surgical foot/ankle inactive and elevated for now.

Apply a bag of ice (or frozen vegetables) to your bandages for 15 to 20 minutes each hour while awake for the first week after surgery. Do not allow the bandages to get wet.

Take prescribed medications only as directed. To avoid nausea, eat before taking pain medications.

Wear the postoperative shoe or boot given to you whenever you stand or walk, unless Dr. Co directs you otherwise. Remember to limit your activity to prevent swelling after surgery. Once the foot lowers below heart level, you will notice immediate swelling. This is your body telling you to elevate it back up above heart level. Activity on your feet is not recommended except to use the restroom or to eat until after your first postoperative appointment.

Weight-bearing is permitted on the surgical foot after surgery. This does not mean activity is recommended. It means if you have to get up to use the restroom or to eat, it is safe to put some weight on the foot for balance and for minimal walking.

If your bandages feel too tight and/or your toes are numb, tingling or turn white or blue, call Dr. Co. Numbness the first 48 hours to first few weeks can be normal from the local anesthetic given and/or post-operative swelling. Sensation should gradually return and not become numb again.

If you notice continued bleeding through your bandage, skin redness extending more than an inch from your surgical site, or a painful lump in your groin, begin having fever and/or chills, call your Dr. Co immediately.

If you have any urgent questions or concerns after your surgery, contact us at 916-244-7630. If it is outside normal business telephone hours, the voicemail will give an option to have the on-call surgeon paged. If you still cannot reach anyone and you feel your health, surgery or foot/ankle is in jeopardy, please go to your nearest Urgent Care center or Emergency Room.

Your 1<sup>st</sup> postoperative appointment should have been scheduled around 1 week after your surgery. Please arrive 30 minutes before your appointment time to allow for your surgical dressing to be removed.