

Orthopaedic Center

Ankle/Hindfoot Surgery

Dr. Timothy P. Charlton

Kathy Freund, Triage Nurse,(310) 423-9699, option #6

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| IMPORTANT INFORMATION   * After discharge, look at the list of discharge medications discussed and given to you by your nurse or physician. Take all medication exactly as prescribed and remember to look at the information sheets (provided by the pharmacy) for medication side effects or interactions. * Become aware of the Danger Signals listed below * DO NOT drink alcoholwhile you are taking pain medication. * DO NOT return to work/school OR drive a car until you have been given permission by your physician. |

Please read the following information carefully:

1. You will leave the operating room with a bulky dressing that includes a hard splint. You will be non-weightbearing for approximately 3 – 6 weeks. Elevate your foot as much as possible; above the level of your heart. Continue to do this for the first 72 hours after surgery.
2. You may need to use crutches. This is to help keep your balance since you will not be bearing weight on your foot.
3. It is best to sponge bathe or use a shower bag until you come into the office for your first postoperative visit. A significant number of patients get their dressing wet if they take a shower, no matter what they use to try and keep it dry.
4. Your first postoperative appointment is usually 3-6 days after surgery. The dressing and sutures will be removed during this visit.
5. A short leg cast willbe appliedwhen you come into the office for your first postoperative visit. The cast will be on until 6 weeks minimum after surgery. You must **continue to not bear weight** on your foot/ankle until the cast comes off.
6. You can take a shower once the sutures are out and the cast is in place. You may purchase a water proof cast cover from your local pharmacy.
7. Once the cast is removed you may need physicial therapy to regain motion and strength in your foot/ankle. You will be given a prescription for physicial therapy if needed.
8. There may be persistent swelling in your ankle after the cast is removed. The use of a prescription compression stocking may be effective in reducing the swelling. Place the compression stocking on in the morning and take it off before going to bed in the evening.

Call the office if you notice you have:

1. A temperature over 101° F.
2. Excessive bleeding from the incision.
3. Foul smell/cloudy drainage from the incision.
4. Foul small coming from the cast.
5. Increasing, severe pain not relieved bymedication
6. Markedly increased swelling in your leg/calf.

You have been prescribed a pain medication which has a number of side effects. Most common side effects are drowsiness, nausea and/or vomitng, itching, constipation and irritability. If these are prolonged or severe, your pain medication may need to be changed. **You must contact the office during regular business hours to have a new prescription written** California law has changed and now only allows for narcotic medication to be given in a written form. The law does not allow for these medications to be called in.