

Dr. Daniel Myer's Post-operative
Instructions for Leg & Ankle Surgery

Please call our office with questions:
North Coast / St. Thomas Hospital (330) 535-3396

Post-operative follow-up:
Office: _____
Date / Time: _____

Medications / Diet

1. Eat only light, non-greasy foods today.
2. Take pain medications with food.
3. While taking pain medications, you may not operate a vehicle, heavy machinery or appliances.
4. While taking pain medications, you may not drink alcoholic beverages.
5. While taking pain medications, you may not make critical decisions or sign legal papers.
6. If you have any reactions to your medicines, stop taking them and call my office immediately.
7. Please keep in mind that itching is a very common side effect of narcotic pain medicines, and if not allergic, over the counter Benadryl (diphenhydramine) may be used as directed.
8. Please keep in mind that constipation is a very common side effect of narcotic pain medicines.

We recommend that patients take precautions to prevent constipation:

- a. Drink plenty of water (6-8 glasses of 8 oz. a day).
- b. Avoid alcohol and excessive caffeine.
- c. Eat plenty of fiber (fruits, vegetables and whole grains).
- d. Take an over the counter stool softener: Colace (docusate) or Dulcolax (bisacodyl).

The following medicines: _____

Were sent electronically to _____

The following medicines were printed: _____

Yes / No Please take a daily 325mg Aspirin - to help prevent blood clots

Activity / Exercise

1. Range of Motion:

- _____ You may bend your knee / ankle as much as dressing will allow.
_____ You are in a splint – range of motion is limited.

2. Weight Bearing

- _____ You may weight bear as tolerated – use crutches only if needed for pain control.
_____ You are partial weight bearing – use crutches for safety.
_____ You are non-weight bearing – use crutches for safety.

3. If not in a splint, please continue to move your ankle up/down and tighten/relax your calf muscles several times every hour.
4. In effort to reduce swelling, the optimal position of your leg is for you to be lying flat, with your ankle higher than your knee, and your knee higher than your heart.
7. It is important to continuously elevate your ankle AND keep ice applied as long as pain or swelling persists.
8. Do not apply ice directly to skin or allow water to leak on your dressing.

Dressing / Wound Care

1. Please keep dressing dry / splint dry.
_____ You can remove your dressing 48 hours after surgery. At that time, you can begin showering and get your incision wet. Simply dry the incision after a shower and cover with a dry dressing or Band-Aid.
_____ You are in a splint. DO NOT remove splint until your next follow-up, and keep dry at all times.
2. Even after changing the dressing, it is normal to have some clear or bloody drainage from your incision/s.
3. Please - absolutely NO BATHS, HOT TUBS or POOLS.

Emergency / Follow-up

1. Please notify my office if you develop any fever (101° or above), unexpected warmth, redness or swelling, or severe increased pain in your knee.
2. Please call if your toes become suddenly cold, purple, prolonged numbness or there is excessive bleeding.
3. Please call the Emergency Squad / 911 if you have sudden chest pain or severe shortness of breath.
4. Your post-operative office follow-up has been scheduled for you. Please call if you have any questions.
5. Regarding pain medicine, please call the office before 1 pm on Friday if you do not have enough pain medicines for the weekend. Most narcotic pain medicines cannot be called into your pharmacy, and the prescription must be picked up at our office.
6. As a group rule, we do NOT call in narcotic medicines over the weekend.

Provider Signature: _____

Date: _____