

Home Safety:

- Rearrange furniture if necessary.
- Move throw rugs to prevent tripping.
- Sleep on the first level if possible.
- Use a firm chair with solid arms to assist with getting up and down.
- Consider using a toilet seat riser.

Pain Medication:

- Take the pain medication as prescribed to give even pain control and promote healing. Do not drink alcoholic beverages while taking prescription pain medication.
- If you take a daily aspirin tablet for heart attack or stroke prevention, you may continue to do so. One baby aspirin (81 mg) should be sufficient. If you have questions, check with your primary care doctor.
- Be aware that some prescribed pain medications may contain acetaminophen; talk with your pharmacist before taking additional over-the-counter Tylenol® or acetaminophen.



Your Pharmacist:

If you need a refill on medication prescribed by St. Croix Orthopaedics (SCO), please call your pharmacy.

**Allow a full business day for refill processing.

PH: 651-439-8807 • 800-423-1088

Fax: 651-439-0232

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Foot Patients



Post-operation Reference Guide



CARE uniquely focused on you.™

During Recovery:

Nausea — Over-the-counter antacids may help.

Constipation — Try over-the-counter laxatives and drink plenty of water. Include fiber in your diet and avoid taking supplements that contain iron, unless specifically instructed to do so.

Swelling — Swelling may occur postoperatively; elevate and ice for relief. Do not apply heat to your foot.

Incision — You may notice some blood on your bandage. This is normal. Do not change your bandage unless directed to do so by your physician.

When to Call:

If you have ...

- A temperature over 101° F.
- Incision drainage that persists and/or increases.
- Incision drainage that is foul smelling.
- Increasing pain, redness and swelling at the incision site.
- Open areas at the incision site.
- **Call 911 if experiencing chest pain or shortness of breath.**

Self Care:

- Leave the bandage in place until your physician instructs you to remove it. Your physician will talk with you about when you can bathe or shower.
- It is important that you keep the bandage clean and dry.
- Do not be alarmed if you notice blood on your bandage. This is normal.
- If your stitches are the type that need to be removed, they will be removed at one of your first postoperative visits.

Activity:

- Keep your leg elevated on a pillow on the day of surgery —six inches above the hip.
- Use ice packs 20 minutes per hour for the first day following surgery (while awake.) Then, ice only as needed. Do not ice directly over the bandages or surgical site. Ice the ankle area or behind the knee. Do not apply heat to your foot.
- If you are instructed not to bear any weight on your ankle or foot, please follow your surgeon's instructions. (See the Crutches section below.)
- If your surgeon allows you to bear weight, use a surgical shoe or cutout shoe for all walking or standing.
 - ▶ You may walk only as absolutely necessary on the day of surgery. After 24 hours, you may walk or stand for 15-20 minutes per hour, while awake.
- When lying down, dangle your feet at the edge of the bed or sofa for 10 minutes every hour while awake.
- Do not drive until you have stopped taking narcotic pain medicine and have discussed driving with your surgeon.
- You may return to work if you are able to do so within the restrictions provided by your surgeon.

Crutches:

- Crutches should be 2-3 finger widths under the armpit; don't let armpits rest on crutches.
- Your elbows should be slightly bent while hands are on the handles of the crutches.
- Going up stairs, place the non-surgical foot on the step and follow with the surgical foot and crutches.
- Going down stairs, step down with the crutches and surgical foot, and then step down with the non-surgical foot.
- Take short steps.
- Wear a comfortable shoe with a good grip on the non-surgical foot.
- Avoid wet floors, snow and ice.