

## Podiatry Post-Operative Instructions and Expectations

**BANDAGE:** Do not remove your bandage or splint or get it wet as removal will increase your risk of infection. The bandage and any sutures or staples will be removed during a post-op appointment.

**POST OPERATIVE CONCERNS:** Watch for and contact our office for excessive bleeding, saturated bandage, uncontrollable pain, foul smelling drainage, or uncontrolled fever:

**During normal business hours - 8:00am-4:30pm Monday-Friday:** call (608) 501-6205.

**After hours and weekends:** call (608)-873-2264 and someone will triage your concerns. They may ask you to present to an urgent care or emergency department if a severe complication is present for further testing/evaluation.

\*If blood is dripping through the bandage and you are unable to control this with elevation, report directly to the nearest emergency department.

**BLEEDING:** It is not uncommon to see a small amount of blood through the bandage, if you see this be sure to elevate your leg and monitor for worsening or increasing bleeding.

**DVT (blood clot in leg) PREVENTION:** Begin taking 81mg aspirin twice daily for 4 weeks if you had one of the following procedures completed or as instructed on your post operative after visit summary.

- Fusion (bunion/MTP, midfoot, hindfoot, ankle)
- Ankle revision
- Lateral ankle stabilization
- Achilles repair
- Ankle fracture reconstruction/repair
- Hindfoot osteotomies
- Tarsal Tunnel Release

### **WEIGHTBEARING:**

*\*See assistive device information at the end of this document for more information\**

- Non-weight bearing:** you **may not place any weight** on your operative foot/ankle. It is important for you to obtain crutches, knee scooter, or hands-free knee crutch (peg leg crutch) to assist you after surgery.
- Toe touch:** you may touch your toes or foot to the floor but **may not apply** any weight or pressure to your operative foot/ankle. Use of crutches is recommended.
- Weight bearing as tolerated:** you may walk on your operative foot/ankle only in the protective boot/shoe/splint/cast that was applied or given. Never walk or bear weight without protection. Rest, elevation, and icing remains important in the post-operative period, discuss with provider if your job requires extensive walking or standing for long periods of time, additional restrictions may be necessary. A walker or cane may assist with mobility.

**POST-OP FOLLOW UP:** You will be scheduled for a 1-week and/or 2-week post-op visit following surgery. Depending on your procedure, additional follow up appointments may be necessary. These dates will be communicated to you by the day of your surgery. Contact our office at 608-501-6205 if you are not contacted prior to day of surgery to make these appointments.

**GENERAL POST OPERATIVE QUESTION:** If you have a general post-operative question that does not require immediate attention, please contact our office by calling (608) 501-6205 or sending a MyChart message.

**PAIN CONTROL:** After surgery you can expect some pain, Dr. Lind will prescribe pain medications or discuss use of over-the-counter medications.

→ It is recommended to **alternate ibuprofen (Advil or Motrin) 200-600mg every six (6) hours and extra strength acetaminophen (Tylenol) 500-1000mg every eight (8) hours.**

→ Be aware *some narcotic pain medications contain acetaminophen*, talk with your pharmacist if you have questions or concerns.

*\*\*Do not exceed more than 3000mg of acetaminophen or 3200mg of ibuprofen in 24 hours.\*\**

**Some pain is expected and normal following surgery; elevation and icing are the primary ways to control pain and swelling.**

**ELEVATION:** Elevate your operative foot/ankle above the level of your heart as much as possible throughout the day and night to control swelling, bleeding, and pain. This is most important for the first 3 days but is effective and recommended for weeks afterward. Decreased swelling also reduces the rate of incision complications.

**ICING: Icing is the best pain reliever;** you can apply ice directly to the bandage. If it feels like ice is not penetrating, put the ice behind your knee to cool the blood as it goes to the area of surgery. It is important to apply ice 20 minutes on, followed by 20 minutes off, repeating as much as possible during the first few days after surgery. Icing is also recommended for several weeks to alleviate pain and swelling.

**ROUTINE MEDICATION:** You may resume your normal medications following surgery, including blood thinners. If you have questions regarding resuming your normal medications, please follow up with your primary care provider. Be aware of routine medications containing acetaminophen, do not exceed more than 3000mg of acetaminophen in 24 hours.

**PHYSICAL THERAPY:** Dr. Lind will discuss physical therapy (PT) with you during your follow up visits. If PT is indicated, an order will be placed, and you will be contacted to schedule your evaluation. If you have not heard from Stoughton PT within 1 week of your order being placed, please call 608-873-2292 to schedule.

*\*\*If you will be receiving physical therapy at a location other than Stoughton Rehabilitation and Sports Medicine Clinic you are responsible for calling to schedule initial appointment.* Please alert our office if the facility requires an order to be faxed.

**ASSISTIVE DEVICES/DURABLE MEDICAL EQUIPMENT (DME):**

→ Assistive devices or DME such as crutches, knee scooter, hands free knee crutch (peg leg crutch), cane, or walker are often recommended following surgery.

→ It is typically most cost effective to borrow or purchase through Amazon. These items can also often be found at secondhand stores like Goodwill or St Vincent de Paul.

→ If your insurance covers use of this device; please alert our office and we will be happy to submit a prescription to a DME provider you select. Check with your insurance for coverage and network DME provider.



**Assistive device/durable medical equipment (DME) loaner resources:**

\*Some organizations may have residency or income restrictions and may be unable to provide assistance. This list is not all inclusive, reaching out to your local church or senior center is encouraged if needed.

<a href="http://WisconsinAT4all.com">WisconsinAT4all.com</a>	Anyone can go online and search for assistive device for anywhere in Wisconsin. You may filter by zip code.	
New Bridge Loan Closet (Madison only)	4142 Monona Dr. Madison	<a href="tel:6085120000">(608) 512-0000</a>
Access to Independence	3810 Milwaukee St Madison	<a href="tel:6082428484">(608) 242-8484</a>
Northwest Dane Senior Services Inc	1837 Bourbon Rd Cross Plains	(608)798-6937
Stoughton Area Senior Center	Main Street Stoughton	(608) 873-8585
Oregon Senior Center	219 Park St. Oregon	(608) 835-5801
Southwest Dane County Outreach	107 N Grove Street Mount Horeb	(608) 437-6902
Middleton Senior Center	7448 Hubbard Ave Middleton	(608) 831-2373
Deforest Senior Center	505 Main Street Deforest	(608) 846-9469
Waunakee Senior Center	333 S Madison Street Waunakee	(608) 849-8385
First Lutheran Church - Janesville	612 N Randall Ave, Janesville	(608)752-7434
Seventh Day Baptist - Milton	720 E Madison Ave, Milton	(608) 868-2741
VFW Post 1621 - Janesville	1015 Center Ave, Janesville	(608) 754-4342