



Post-Op instruction Sheet

Dr. Anderson

- After Anesthesia: Do not drive or operate machinery.**
 - Do not drink alcohol or take non-prescribed drugs.
 - Have someone with you to help with meals and care for you for the first 36-72 hours.
- Activity:** Go directly home from the hospital and get plenty of rest.
 - Keep your foot elevated at or above your heart level. This is important unless you are up for a short time. (15-30 minutes) only.
 - You can use a face cloth and ice pack to the area for 15 minutes every 4 hours. (unless instructed different). **DO NOT** get the dressing wet!
 - Your foot will usually be “numb” for 2-12 hours after surgery. When you notice the local anesthetic wearing off take your pain medicine, do not wait until you have severe pain to take your medicine. It will take 30-60 minutes to work well.
- Diet & Fluids:** It is important to keep hydrated and to not try to take your pain medications on an empty stomach. Start with clear fluids and gradually progress to regular food over 24 hours. Avoid spicy, fried and greasy foods. If you are still unable to take your medicine or are very sick to your stomach, let your stomach rest, you may also call for a prescription anti-emetic or another medication.
- Medication:** Take your medication as directed. Do not wait for severe pain before you start to take it. Most pain medications will make you drowsy, some people also get an upset stomach. If you are unable to take your medication or have any reaction to the medication, stop taking it and call your doctor. You can resume your regular prescriptions unless instructed differently.
- Operative Site:** After foot or ankle surgery it is necessary to keep off your foot as much as possible and elevate. Keep the dressing clean and dry. Sponge baths are the best until the first post-op check. **DO NOT CHANGE THE DRESSING.** If the dressing gets wet you may need to be seen earlier than scheduled for a check.
- Getting Around:** Follow all doctors instructions about weight on the foot or ankle. After most foot surgery you can put weight on the heel in a special soled shoe. Use your crutches, walker, wheelchair or cane as directed. With most ankle surgery weight will be kept completely off the foot. Remember there may be pins, bone cuts, incisions, and reconstructed tendons that you do not want to damage with too much weight while healing. **Again do not get the dressing wet.**
- Follow up:**
 - Keep all your follow up appointments!
 - Normally you will be seen 3 to 14 days after surgery.
 - You should have an appointment, if you do not please call our office.
- Cause for Concern:**
 - Swelling, redness, warmth around the operative area.
 - Increased drainage at the operative site.
 - Fever by mouth greater than 101 degrees.
 - Continued pain, numbness. Pain that increases and is not relieved with pain medication.
 - Blood soaked dressing (a small amount of bleeding through the dressing is normal).
 - If you have specific questions regarding your discharge instructions, contact Southern New Mexico Surgery Center between the hours of 0800 am - 0500 pm, Monday through Thursday @ (575) 437-0890 and ask to speak to nurse.
 - If you have questions or problems with your prescriptions or surgical procedure, please call the physician office at (575) 434-0639.
 - After hour care is handled by the physician office @ (575) 434-0639. One of our doctors is on call 24 hours a day. If you have a emergency or need immediate medical treatment, go to the emergency room or call 911.

I have read/been read the instructions and understand them. A copy has been given to me.

Patient / Responsible Party Signature

Nurse Signature

Patient Label