

Provider: Corey Thompson, MD

Foot and Ankle Center Ankle/Hindfoot Surgery Post-Op Instructions

For Questions or Concerns:	
Office	919-232-5020
Medical Assistant	Kristen Bagley (kbagley@wakeortho.com)

Important Information

- After discharge, look at the list of discharge medications discussed and given to you by your nurse or Dr. Thompson. Take all medications 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 alcohol while you are taking pain medication.
- **DO NOT** return to work/school or drive a car until you have been given permission by Dr. Thompson.

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-weight bearing for approximately 6 to 8 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 or a rolling knee scooter. 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 10 to 14 days after surgery. The splint and dressing will be removed during this visit. Sutures are typically removed three (3) weeks after surgery.
5. You can get incisions wet about 4 to 5 days after sutures are removed. Please gently pat incision dry, **do not** scrub incision vigorously, and **do not** submerge the incisions underwater.
6. Physical therapy: You will be given a prescription for physical therapy, if needed.

7. There may be persistent swelling in your ankle after the splint is removed. The use of 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 any of the following symptoms:

- A temperature over 101 degrees F
- Excessive bleeding from the incision
- Foul smell/cloudy drainage from the incision
- Foul smell coming from cast
- Increasing, severe pain not relieved by medication
- Markedly increased swelling you your leg/calf

You have been prescribed a pain medication which has several side effects. Most common side effects are drowsiness, nausea and/or vomiting, 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. If you need a prescription refilled, please email Kristen Bagley at kbagley@wakeortho.com.

For post-op questions, please email Kristen Bagley at kbagley@wakeortho.com. After hours (after 5:00PM or weekends), the on-call physician will not refill a prescription or call in a new pain medication prescription.