

**POST- OPERATIVE INSTRUCTIONS
PROCEDURE: LOWER EXTREMITY
HARDWARE REMOVAL**

- Dressings: Your foot and ankle is in a soft dressing with an elastic bandage wrap. You may remove this three days after surgery and cover the incision with a small dressing or large bandaid
- Elevation: Keep your leg elevated above the level of your heart for the first 2-3 days after surgery. Continue elevation as needed for the first week. Do not put pressure directly on the heel. Place a pillow under the calf.
- Cold Therapy: Apply ice to the surgical area in a waterproof bag as needed. Always place a barrier between your skin and the ice such as a t-shirt or pillowcase.
- Crutches or Walker: Use crutches or a walker for the first few days as needed. You may weight bearing as tolerated. Do not engage in prolong standing or walking for the first few days.
- Pain Medication: You can take either Tylenol (Acetaminophen), Advil (Ibuprofen), or Aleve (Naprosyn) as needed for pain.
- Smoking Cessation: If you smoke you should stop. Smoking inhibits healing.
- 1st Post-Operative Appointment: Please follow up 2 weeks after surgery. Sutures will be removed and an X-Ray will be taken.
- When to call your surgeon:
 - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - Increased swelling/pain in the calf
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
- Prescription Refill Protocol: You **MUST** give your physician 48 hours notice for any medication refill. Many medications require an electronic prescription and cannot be filled over the weekend.