

# Post-Surgery Care Basics

Properly caring for yourself after foot and ankle surgery is very important. Follow these tips to help ensure you're on the road to proper recovery.



## Pain Relief

The anesthesia from surgery will wear off; start taking your prescribed pain medication before this happens so you can “stay ahead of the pain.” Take your pain medication as prescribed.

## Your Incision

It is very important you keep your incision and bandages dry and clean. Protect your foot from getting wet when you bathe. It is normal to have a small amount of blood on the bandage. Do not remove the bandages unless instructed by your surgeon.



## Swelling Reduction

To reduce swelling, your foot and ankle should be raised slightly above the level of your heart.

Swelling is also reduced by icing the operated area. Follow the instructions your foot and ankle surgeon provided.



## Weightbearing

Your foot and ankle surgeon will give you instructions on how much weight you are able to put on your foot: non-weight bearing, partial-weight bearing or full-weight bearing. Be sure to follow the instructions provided as to not hinder your recovery.

## Post-Op Issues

Call your foot and ankle surgeon immediately if you experience any of these possible problems:

- Severe swelling or pain in the calf
- Excessive amounts of blood on the bandage
- Toes, foot and/or ankle that becomes cold or turns pale
- Blue or white toes or toenail beds
- Redness
- Foul odor from your surgical site
- Fever above 102 degrees—Check your temperature daily
- Severe pain that is not relieved with pain medication

## Your Care Partner

Ask your foot and ankle surgeon to help guide you through the surgery process and remember, getting things lined up before your procedure can truly make a big difference in your post-surgery experience.



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