

Lower Extremity Surgery
Postop Instructions

Weight-Bearing

- No weight bearing at all. Use crutches, walker, scooter, or knee walker (I Walk Free device) to keep weight off operated leg.
- Weight-bearing as tolerated. Ok to use crutches the first day or two, but you must use the plastic boot (or postop shoe) at all times, day & night. A pillow-case over the leg can protect your sheets (and significant other) from rough edges.
- Weight-bearing as tolerated, but you should use a walker or crutches for stability for the next 2 months during healing.
- Weight-bearing as tolerated, but be cautious with gradual return to normal activities. Use boot/hard shoe for ___ days.
- Other: _____

Medications / Supplements

- Take over the counter Acetaminophen (Tylenol) around the clock as directed on the bottle for 2 weeks (until seen in clinic for f/u apt) for background pain control. Remember, don't go over 3000mg Acetaminophen per day from all sources. An easy way to do this is to take two 500mg pills (1,000mg total) three times a day. This is in addition to the oxycodone prescription. Take every day this way for the full two weeks, and after that, if needed also.
- Oxycodone: Take this around the clock, as prescribed for the first 3 days. Then taper the dosage down as able (while still taking the Tylenol as described above, with no changes). No refills of this medication nights or weekends.
- Take over the counter stool softeners around the clock as directed on the bottle while taking pain medications.
- Take Vitamin C 500mg once a day for 2 months to prevent disproportionate pain (Complex Regional Pain Syndrome) and to help with wound/incision healing.
- Take Vitamin D3 supplements with 5,000 IU once a day for 2 months to help with bone healing and fusing.
- Other: _____

DVT (Blood Clot) Prevention

- Elevate a lot during the first 1-2 days. However, stay active & do NOT lay down all day, every day after surgery.
- Your activity will be self-limited because you will get swelling, which leads to throbbing-type pain. That is your signal to lay down and get your foot elevated up above your heart. Alternate between this and mobilizing throughout the day.
- When sitting/laying down do exercises to simulate walking. This helps to keep the blood moving and to prevent blood clots. Do both of these exercises multiple times per hour when not up and walking. These exercises include:
 1. Ankle Pumps: On the non-operated side, pump your ankle (foot) up and down
 2. Quad Sets: On both sides, tense and relax your thigh muscles
- Internal Medicine doctor (Hospitalist) will prescribe a blood thinner medication. Call Dr. Hoopes clinic if they do not.
- Take _____ as prescribed for ___ weeks after surgery. Other: _____

Dressing / Splint Care

- Boot: Adjust the Velcro straps for comfort and a secure fit. Inflate the air bladders until comfortable.
- Splint (Soft Cast): -Do not remove or unwrap the beige cloth wrap with tape on it.
-However, you SHOULD unwrap & then re-wrap the ACE bandage to tighten up the splint as cotton "packs in." Do this once a day to keep gentle compression on your leg. This helps keep swelling down & keep foot in alignment.
- Remove boot once or twice a day to move your ankle gently up and down and let it air out.
- After **3 or 4 days**: Remove all dressings and ok to begin showering (no bathtubs, do not submerge). Pat dry and then re-wrap with ACE bandage to help with swelling and for protection. Call clinic if there is redness or any other concern. The shiny layer is skin glue called Dermabond and is mostly waterproof. It will begin to flake/fall off as your skin heals.
- After **7 days**: Remove dressings all the way down to sticky strips on your skin (which you leave in place). Then place the big, white BandAid-type dressing so it covers all the sticky strips & is centered over the incision(s).
- No dressing changes at home before clinic visit. Cast: Keep the cast clean and dry.
- Keep the splint/boot clean and dry. When showering, place a plastic bag around the splint & then tape around the leg with something very sticky (such as Duct Tape). Then, repeat the same thing with another bag and another ring of tape just above that. Water will find its way through one ring of tape, but it's very hard for it to get through two rings of tape. Another option is to use just one bag and then hang that leg out of a bath so that it is not in the bathtub at all.
- Other: _____

Follow-Up Clinic Appointment

- About 2 weeks Other Instructions: _____
- About 1 week _____
- _____

Signature: _____ Date: ____ / ____ / 2018

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Patient Sticker Here