



Dr. Edward Lang
Surgery of the Foot and Ankle

OUTPATIENT POST-SURGERY INSTRUCTIONS

Following the First 24 Hours of Surgery

- For your own safety, a responsible adult must drive you home.
- Someone responsible should stay with you for the first 24 hours.
- Have someone help you stand and/or walk.
- Avoid driving or operating heavy machinery.
- Avoid alcohol.
- Eat light meals.
- Avoid making important personal and business decisions and signing important papers.

Diet

- Begin with liquids and light food (Jell-O, soups, etc.).
- Progress to your normal diet if you are not nauseated.
- Drink as many fluids as you can.
- High-fiber diets are recommended because some pain medications can cause constipation.

Activity

- Avoid walking farther than to the bathroom or the kitchen for the first 3-5 days.
- Avoid standing or walking for more than 10 minutes per hour for the first 3-5 days.
- Use pillows to elevate your foot above chest level for the first 3-5 days.
- After the first 3-5 days, continue to elevate your foot as much as possible.
- After the first 3-5 days, engage only in light activity.

Wound Care

- Keep your dressing dry. Sponge bathing is recommended.
- If your dressing gets wet, call your surgeon immediately, as wet dressings increase the incidence of infection.
- Bleeding can occur after your surgical procedure. If you notice a small amount of blood on your dressing, don't become too concerned. If your dressing becomes saturated, call your surgeon for instructions. Never use alcohol or peroxide on the wound site.
- Apply ice to your foot and ankle for 20 minutes out of every 2 hours for the first 3-5 days and then as it feels comfortable.
- If you have an Ace bandage that feels too tight, you may reapply it so that it is looser.
- You should wear your post-operative shoe with all walking activity with weight bearing as directed by your surgeon.

Medications

- A long-acting, local anesthetic that will eliminate pain for the first 8-12 post-op hours has been added to the surgical site.
- The anti-inflammatory Toradol (Ketorolac) may have been prescribed to you for pain relief. If so, take this medication with 8 ounces of fluid or a meal every 6 hours as directed until complete. If you experience stomach distress, stop using this medication.
- If a narcotic pain medication has been prescribed to you, begin taking this medication as prescribed as soon as you arrive home. This can be taken in conjunction with an anti-inflammatory without adverse reaction. If you experience nausea or vomiting while taking this medication, call your surgeon immediately.
- Pain usually peaks within the first two or three days and then continues to subside.
- You may resume taking your regular medications.

When to Call New Orleans Podiatry Associates

Please call New Orleans Podiatry Associates at one of the numbers listed below as soon as you observe or experience any of the following:

- More than slightly bloody drainage
- Nausea
- Pain that your prescribed medications do not control
- Signs of infection, including: heat, pus, redness, red streaks, swelling, temperature over 101°, or any disruption of the surgical site

If you have any questions or concerns regarding your post-operative instructions, please call New Orleans Podiatry Associates at one of the numbers listed below.

New Orleans Podiatry Associates

2626 Jena Street, New Orleans, LA 70115

t. 504.897.3627 f. 504.897.3339

3939 Houma Blvd, Bldg. 5, Ste. 217, Metairie, LA 70006

t. 504.457.2300 f. 504.897.3339

nolapodiatry.com

nolapodiatry@gmail.com