

Ankle and Foot Surgery

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation.
3. Keep the affected limb elevated when at rest. Ask your doctor about weight bearing restrictions.
4. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
5. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
6. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
7. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine or use any recreational drugs for 24 hours after your surgery.
8. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
9. You may notice that the solution used to cleanse your skin for surgery has coloured your skin. This will wash off with soap and water.
10. You may shower/bath as advised by your doctor. If you have a cast, the cast must not get wet.
11. If you have a cast:
 - Do not remove the cast for any reason.
 - Do not insert objects (such as a coat hanger) under your cast.
 - Check circulation periodically (skin should not be swollen, blue, and red or discolored).

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12. Contact your Doctor or seek medical attention if any of the following occurs:

- Signs of infection/foul odour , including fever and chills
- Report if cast becomes tight or you have signs of decreased circulation (see point 11) or if it is loose or cracked
- Redness, swelling, increasing pain (tingling or burning), excessive bleeding, or discharge
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

... call your surgeon/doctor,

... or call Telehealth 1-866-797-0000

... or come to the Emergency Department at Georgian Bay General Hospital

The day after your surgery call your Doctor's office for your _____week follow-up appointment.

Specific Instructions:
