

## Open Ankle or Foot Procedure

- Diet**
- Resume regular diet as soon as possible.
- Medication**
- Take 1-2 tablets every 4-6 hours as needed for pain.
    - Percocet    Vicodin    Norco    Tylenol #3
  - You have been given a prescription for Phenergan . Fill this prescription **ONLY IF** you have severe nausea.
  - **Restart your daily medication unless you are otherwise instructed**

You will be given a prescription for pain medicine when you are discharged from the hospital. Take the medicine as needed according to the directions on the bottle. Possible side effects include nausea, dizziness, headache, vomiting, constipation and urinary retention. If you experience these side effects please call our office for assistance. Discontinue the medication if you develop a rash, shortness of breath, itching, or difficulty swallowing. If these symptoms become severe you should seek immediate medical attention.

**Refills on pain medication are authorized during office hours only (8am-5pm; Mon-FRI.). Meds will not be refilled on weekends.**

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### Activity

- Apply ice, even though bandages are thick and you may not feel the cold. Apply the ice to the foot 3 times per day for 20 minutes for the first again.
- **DO NOT** use heat.
- **Keep your foot propped up above your heart as much as possible**
- **You Should be NONWEIGHT BEARING on crutches or a walker**

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### Dressing Care

- \* Do not shower or submerge your leg in water. Keep the dressing and wound clean and dry.
- Keep the dressing dry and intact.
- You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** This is normal.

**Surgical Findings and Repair**

- Achilles Tendon Repair
- Ankle fracture repair
- Foot fracture Repair
- Open Injury Repair
- \_\_\_\_\_ Other

**Follow Up**

**Please make an appointment with Dr. Herring on \_\_\_\_\_.**

- Physical Therapy**
- You will be given a physical therapy prescription to begin in 1 to 2 days.
  - You will be given a physical therapy prescription when you are seen in the office for follow-up.
  - No formal physical therapy will be needed.

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**Specific Instructions:**

If any of the following signs and symptoms occur, you should contact your doctor. If the problem occurs out of office hours, please call 804-270-1305 and ask them to page the Orthopaedic Doctor on-call.

Signs and symptoms to watch for include:

1. a sudden increase in swelling and redness or warm at the area the surgery was performed **which is not relieved by rest, ice, and elevation.**
2. Oral temperature greater than 101 degrees that is not relieved by taking 2 tylenol every 4-6 hours. **Do not exceed 3.5 grams of Tylenol over 24 hours. Note your pain medicine contains Tylenol or acetaminophen.**
3. Excessive drainage from the incision or dressing which has not stopped 72 hours after surgery which is not relieved by applying a compressive dressing, ice and elevation
4. fever, chills, shortness of breath, chest pain, nausea, vomiting or other signs and symptoms that concern you

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I have seen and understand these instructions.

\_\_\_\_\_  
Discharge Nurse

\_\_\_\_\_  
Patient or guardian

date\_\_\_\_\_

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