

home care instructions, Kevin Walsh, M.D., Kenneth Sanders, M.D.

- 1 Eat only light, non-greasy foods today.
- 2 An ice bag should be applied to your ankle for 24-48 hours. (Keep the ice bag on your ankle for 1 hour and in the freezer for 1 hour). Elevate your ankle above your heart for the first 24-48 hours after surgery to help reduce swelling and pain.
- 3 If you develop a fever of 101 F degrees or above or if your incision becomes red or warm call your physician.
- 4 If your toes become purple, color or numb, or if you develop excessive bleeding, call your physician.
- 5 A prescription will be provided for pain medication; take it as needed for pain with food. Do not take any aspirin for one week after surgery. You may use plain Tylenol™ instead of your prescription pain medicine.
- 6 Your dressing should be changed as per your surgeon's instructions. Some oozing is expected.
- 7 You may shower 48 hours after surgery. Change the dressing or band-aid™s daily after your shower. Do not swim or take a tub bath until after your first post-op visit.
- 8 Use crutches or a cane for security and comfort as needed. Please discard these as soon as comfortable unless otherwise instructed.

activities

- 1 Let pain and swelling be your guide to activity. If you have pain or swelling, restrict your activity and elevate your ankle.
- 2 Engage only in simple walking: No running or excess stair-climbing, no squatting and no exercise machines.
- 3 Generally, if you have a job with little physical activity, you may return to work following the post-operative visit with your physician (4-5 days following surgery).
- 4 If your job requires considerable standing, lifting or walking, discuss your return to work with your physician.
- 5 Call our office tomorrow to obtain a follow-up appointment for approximately 4-5 days after your surgery.

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