



## Dr. Jarrett's Surgery Discharge Instructions

### WOUND CARE

- Keep foot elevated at heart level and apply ice for 48 hours. Avoid frostbite!
- Do not remove** dressing. Keep dressing clean and dry. Cover with plastic bag when showering.
- You may remove dressing on \_\_\_\_\_ date. You may shower and pat dry. If steri strips present, leave in place. Do not soak in bath, hot tubs or pools. Do not apply ointments or lotions to incisions.
- Wear cam boot / post op shoe **at all times** (including bedtime).

### ACTIVITY

**\*Use crutches/walker if needed.**

- Weight bearing:  Full/as tolerated  Partial/toe touch  Heel touch for balance:  
 No weight on operative foot.
- To maintain strength/flexibility do straight leg lifts and knee bends 3-4 times a day, 20 reps.
- See reverse for post-operative exercise instructions.
- If you received a nerve block, DO NOT** bear weight on operative foot, until block has completely worn off. **(This only applies to weight bearing patients.)**
- Do not drive, operate machinery, or consume alcohol for the first 24 hrs after surgery and while taking pain pills.

### DIET/COMFORT

- Advance diet as tolerated. Drink extra fluids.

### NOTIFY DOCTOR JARRETT (406-721-4436) FOR:

- Unusual chest pain, leg pain or calf pain.
- Chills or fever of 101 degrees or more.
- Signs of infection such as redness, swelling or drainage from the incision sites.
- Persistent nausea/vomiting lasting longer than 24 hrs.
- Questions or problems.
- If you do not urinate in 12 hours, go to the nearest emergency room.

### MEDICATIONS

- Resume preoperative medications.
- Take one 325mg enteric coated aspirin (**unless allergic**) once a day for \_\_\_\_\_ days to reduce chance of a blood clot.
- Use pain pills as prescribed. Most pain medication contains Tylenol (acetaminophen). Check with your pharmacist so you don't exceed the recommended amount of Tylenol in 24 hours.
- You may need to take an over-the-counter laxative while taking your pain medications to avoid constipation.
- No Advil, Ibuprofen or Aleve. Discuss resuming these medications with MD at your post-op visit.**
- If you are CPAP dependent, use your machine whenever sleeping or napping while using pain medications.
- You have been given the following pain medications: \_\_\_\_\_ at \_\_\_\_\_

### FOLLOW UP APPOINTMENT \_\_\_\_\_

- Keep scheduled follow up appointment. Phone 406-721-4436 ext. 550 to verify appointment.
- Have a responsible adult with you for the next 24 hours.

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Patient Signature

Nurse

Date