

WHAT YOU NEED TO KNOW FOR YOUR FOOT/ANKLE SURGERY

Knowing how to take care of yourself is an important part of your success.

▪ **Contacting us:**

Direct numbers:

◆ Kelly G. – Orthopedic Assistant for Dr. Roster (406) 543-1531

Main Clinic: (406) 721-4436

📖 **After hours:** Call the answering service (406) 721-4436 and press 3 for the on-call physician.

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BEFORE SURGERY >> All check-marked items apply to your surgery:

Surgery day: Wash your feet/ankles **thoroughly with soap** the morning of your surgery.

Prescriptions:

1. **Pain** – Percocet (oxycodone) **or** Norco (hydrocodone) -- both contain Tylenol (acetaminophen).
2. Can add in Tylenol between pain med dosing. Can safely take up to 4000 mg of Tylenol daily.
3. **Nausea/itching/anxiety/insomnia** – Vistaril (hydroxyzine) -- be aware of added drowsiness.

General information re prescriptions >> also refer to **policy handouts** provided to you:

- Fill in Montana.
- Take all medications as directed on the bottle.
- Patients given a “nerve block” on surgery day should take pain medication every 4 hours after surgery (1 or 2 tablets, depending on sleepiness). Continue until the numbness wears off and full sensation returns. Then take medications as directed on the bottle to control pain.
- Gradually decrease the number and/or frequency of tablets over time. You may request a milder medicine.
- **NO “ANTI-INFLAMMATORIES”** (e.g. ibuprofen) -- **ask before you take.**
- Narcotics may cause constipation. Drink plenty of water, eat fruit (applesauce, prunes), and use a stool softener. Fiber Gummies per direction on bottle. Use Miralax or a suppository if you do not have a Bowel Movement within 2- 3 days after surgery.
- Do not drink alcohol, drive, or use heavy/dangerous equipment while taking pain medications.
- **Refills:** Please call the orthopedic assistant to request a refill. **Plan accordingly as we require 24 hours’ notice for refill request.** Narcotics cannot be called into the pharmacy. Someone will have to pick up a paper copy from our clinic. We do not refill prescriptions on the weekends.

- Medical device** – If instructed to do so, bring shoe/brace/boot with you on surgery day. It will be placed on you by staff before you go home. Please leave crutches/walkers at home -- staff will assist you to your car.
- Post-op shoe:** Sandal with a stiff sole to prevent movement across the joints of the foot.
 - Stirrup brace:** U-shaped brace that fits under your arch and up both sides of the ankle for support.
 - AirCast Boot:** Protective, below-the-knee “walker boot” (but **you may not** be allowed to walk on it).
 - Assistive/other:** Crutches / walker / knee caddy / other _____

Work documents – Allow 7-10 business days for MBJ’s business office to complete them.

(“After Surgery” instructions on page 2)

AFTER SURGERY

If you received a nerve block before surgery and are allowed to weight bear following surgery, DO NOT weight bear until the block has completely worn off - This could cause further injury.

- ☑ **Elevation:** *“Toes above the nose”* for 48 hours and then frequently each day to reduce swelling.
 - ☑ **Ice packs:** Place ice packs at the surgical site or behind the knee for 15-20 minutes every 1 to 2 hours for 48 hours.
 - 📖 Be careful not to over-ice -- it may decrease blood flow and increase swelling and pain
 - ☑ **Discoloration:** Purple color in toes is common; call the office if you see dark blue, black or white toes.
 - ☑ **Fever:** Low fever (less than 101°) is common; call the office if it remains higher than 101°.
 - ☑ **Other procedures: No invasive procedures** (e.g. dental, colonoscopy) **for 90 days** after surgery.
 - ☑ **Other medications:** Unless told otherwise, you may return to taking your regular medications.
 - ☑ **Diet:** Return to your regular diet. Exception: Do not drink any alcohol while taking pain medications.
 - ☑ **Shower/bath:** Keep dressing dry -- cover w/ plastic bag, tape securely, keep out of direct water stream, and REMOVE PLASTIC BAG IMMEDIATELY after shower/bath to prevent dampness.
 - ☑ **Dressings:**
 - ☐ Hard cast (fiberglass) – Keep dry. If it gets damp, dry w/ hairdryer; if wet, call to get a new cast placed.
 - ☐ Soft splint (plaster) – Same care instructions as “Hard cast” above.
 - ☐ Ace wrap – **Loosen** 6-8 hours after surgery to allow for swelling, **but leave the white** dressing in place.
- Taking care of your dressings after surgery:**
- Your surgical dressings will be changed/removed at your first office visit or sooner as needed (see below).
 - **Do not remove dressings at home.** This is for your protection -- **no exceptions.**
 - If dressings feel too tight, loosen the outer/ace wrap (described above), elevate the leg, and ice the surgical area for 10-15 minutes every hour for several hours. If it does not get better, please call the office.
 - If you have breakthrough bleeding, apply an extra pressure dressing to the saturated area of the dressing (e.g., gauze or other absorbent dressing applied with tape over the affected dressing). Dressings with dried blood can become uncomfortable or cause other problems, so please call the office to arrange for an appointment with the Casting Dept., who will place a new, clean dressing.
 - If you have **pins** in your toes, **never** try to pull or push the pins if they change position; just call the office.
- ☑ **Weight bearing:** These orders are for your protection and comfort. There are **no exceptions.** Always remain in your medical device (post-op shoe, brace, or boot) while following these orders.

✓	Restriction	Amount of weight allowed	Medical device - if circled
☐	Non-weight bearing	No (0%) weight on the surgical side.	“Splint” (partial cast)
☐	Heel-only	No (0%) weight on <u>entire</u> foot; put full (100%) weight on <u>heel</u> only	“Post-op shoe” / “Boot”
☐	Partial	Partial (50%) weight on the surgical side.	“Post-op shoe” / “Boot”
☐	Full (<u>as tolerated</u>)	Full (100%) weight on the surgical side, but let pain be your guide.	“Post-op shoe” / “Boot” “Stirrup brace” / None

- ☑ **Office visits:** Some of your follow-up visits may be with a Physician Assistant (PA). Dr. Roster or one of his partners is always available for consultation, as needed.
 - Your **first** follow-up visit will take place in _____ week(s) on _____, _____ at _____.

(day of the week) (date) (time)