



# WAYPOINT

## ORTHOPAEDIC ASSOCIATES

### POST-OPERATIVE INSTRUCTIONS PROCEDURE: ANKLE OR FOOT REMOVAL OF HARDWARE

- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Dressings: You may remove your dressings and begin daily dry sterile gauze dressings to the incisions 3 days following surgery. (For example, if surgery was on Thursday, do not change the dressing until Sunday.) Do not get the incision wet until you have been seen and given approval by your surgeon. Do not soak the incisions in a tub, pool, or body of water for 4 weeks.
- Weightbearing: Use crutches for assistance, but can begin partial weightbearing on the operative leg after surgery unless otherwise specified. You need to refrain from high impact activities for 4-6 weeks.
- Post-Operative Appointment: Please make a post-operative appointment to see your surgeon 10-14 days following surgery.
- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.
- When to call your surgeon:
  - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
    - Persistent fever >101, chills
    - Increasing pain at the surgical site
    - Increased swelling/pain in the calf
    - New onset numbness or tingling
    - Hives or new rashes
    - Shortness of breath or chest pain
    - Persistent nausea/vomiting
    - Drainage from your incision lasting >5 days