

Dr. Scott Levin MD

Somers Orthopedic Surgery and Sports Medicine Group

Post Operative Instructions Foot & Ankle surgery

Pain Medication

After surgery, it is normal to experience some discomfort. You will receive a prescription for pain medication on the day of surgery, Percocet 1 tab every 6 hours as needed for severe pain. Please fill the prescriptions and use the medications as directed. For minor discomfort, Tylenol or Advil may be taken (one or two tablets every 4 - 6 hours as needed). Do not take additional Tylenol if you are taking the maximum daily amount of prescription pain medication. Advil may be used in addition to the prescription pain medication, and may be taken in between doses of the pain medication but do not exceed maximum daily dose as indicated on the bottle. In addition to the pain medications, I also want you to take one baby aspirin, 81 mg daily for 6 weeks to lower the risk of blood clots.

Dressing and Wound Care

Keep the dressing or splint clean and dry at all times. You may take a bath by covering your leg in a garbage bag or other waterproof bag and secure it with rubber bands or duct tape.

Ice and Elevation

You will notice some swelling of your foot which is normal. Elevate your foot above the level of your heart as much as possible for the first week. When you sleep, place your foot on several pillows so it is above your heart. You may ice the foot or ankle up to 30 minutes every 2 hours. This will also decrease your postoperative swelling.

Crutches

Use the crutches and do not put any weight on your operative leg, unless instructed otherwise.

Follow-up

Please call the office at 845-230-5104 after surgery to schedule your first post-operative appointment. The appointment should be anywhere from 5 - 10 days after the surgery.

A low-grade temperature (99-101) is common. Please call the office if your temperature is consistently elevated over 101. If you think you have a fever, please use a thermometer so that you can tell us your exact temperature.

It is also common to develop a bluish discoloration of the toes after surgery. This color may change to green then yellow and will slowly resolve over time.

For any other questions, please call my office at 845-278-8400.

If you should experience any shortness of breath, calf pain, difficulty breathing or chest tightness go to the nearest emergency department or call 911.