



PAIN CONTROL

Prescription Medications:

Oxycodone or Norco: this is a narcotic pain medication. You should use this for breakthrough pain. You may experience nausea, constipation, and/or tiredness from this medication.

Over the Counter Medications:

If you are medically able to do so, take Tylenol Arthritis (or any brand of acetaminophen 8-hour) every 8 hours for up to 10 days after surgery. Take no more than 4000 mg of Tylenol (also called acetaminophen) in a 24-hour period from all sources. You can take Tylenol with your narcotic medications.

PRESCRIPTIONS

Aspirin or Lovenox: This is to help prevent blood clots.

Colace: Continue taking this if you are taking a narcotic pain medication to prevent constipation. Hold for loose stools or diarrhea. Take 100 mg 1-2 times a day.

Zofran: This is for nausea or vomiting. Sometimes you will experience these symptoms after anesthesia or when taking narcotics. Take 4-8 mg every 6 hours as needed for symptoms.

Over the counter:

Pepcid: You can take this while taking Naproxen/Aleve or other NSAIDs such as ibuprofen/Motrin/Advil to prevent stomach upset or Acid-reflux symptoms. Take 1 tablet 1-2 times a day.

Senna: If you have persistent constipation while the Colace you can purchase this over the counter. Take one pill twice a day as long as symptoms persist.

Start your own medicines that you have at home as prescribed by your respective physicians unless otherwise instructed by Dr. Jamieson.

DRESSING/WOUND CARE

Immediately after surgery you will need to keep your surgical dressing or splint **CLEAN AND DRY**. If your dressing or splint becomes wet or dirty, please call Dr. Jamieson's office **immediately** so a new clean one can be applied. **720 516 9417**.

It is easiest to take baths while your surgical dressing is in place and keep your leg elevated out of the tub. If you choose to shower, a shower chair is recommended.

You can use a shower bag (available for purchase in most pharmacies or on Amazon) or a plastic/garbage bag secured with tape.

If your Ace bandage feels too tight, you may remove it and rewrap a bit looser. If it becomes dirty or comes undone you can replace it with a new one but leave the dressings on underneath.

You can ice the surgical site to reduce swelling and discomfort. You may place ice in a plastic bag on top of the splint and dressing. Do not directly ice for more than 20 minutes at a time.

ELEVATION: Keep your leg elevated above the level of your heart (toes above your nose) as much as possible to prevent swelling and help with pain. This is very important for the first 2 weeks.

ACTIVITY **this will change depending on what type of surgery you had**

Marissa D. Jamieson, MD **Post-operative Discharge Instructions**



Foot and Ankle
UNIVERSITY OF COLORADO

No Weight bearing allowed on your operative leg. Use crutches to ambulate. You can rest your leg on the ground for balance. ***

You can put weight through your heel in your post operative shoe. Do NOT put weight through your fore-foot. Use crutches as need for ambulation.***

You are allowed to weight bear as tolerated in your boot/shoe.***

DIET

Drink plenty of fluids and eat light meals today. Start your regular diet when you feel up to it.

NERVE BLOCK

You may have received a nerve block as part of your anesthesia. If so, your extremity will be completely numb.

The length of time the block will work is different for every patient.

If the block often wears off suddenly and you may experience rebound pain.

If this happens, do not panic. Sometimes the pain is worse when the block first wears off, then returns to a more tolerable level.

You should take pain medication before your block wears off. If you wait until the feeling returns to your foot you may find it difficult to get back ahead of the pain.

Call Your Doctor for:

- Pain not relieved by medicines
- Temperature greater than 101 degrees Fahrenheit
- Increased amounts of redness, swelling or drainage from the incision
- Bleeding through your dressing
- Discomfort, swelling, or redness in the calf (behind the leg between the knee and the ankle).

Other Instructions:

- Do not drive, operate equipment, sign important papers or make important decisions for 24 hours after anesthesia.
- Smoking can impair bone healing and lead to wound infections. If you smoke, please consider quitting or cutting back as much as possible.
- You should not drive if you are in a splint.

Contacts: If you have any questions or problems, contact your doctor's office during office hours.

(720) 516- 9417