

## **Post-operative swelling**

## **Post-operative/Post Injury Swelling**

- It is NORMAL to have increased swelling in the foot and ankle for up to 1
   YEAR after surgery or severe injury
- The foot is far from the heart and can take the veins in your leg time to clear post-operative swelling
- In general, bigger surgeries with more incisions and with bone procedures have more swelling
- A history of "leaky" or varicose veins or lymphedema make you at risk for increased swelling

## How to treat/manage swelling

- Elevation of your leg above the level of your heart for the first 2-3 months after surgery will help prevent swelling
- Applying ice to your foot/ankle on a daily basis (even when you have no pain) helps reduce inflammation and swelling
- Applying topical anti-inflammatories to your foot/ankle such as diclofenac (voltaren) and/or arnica gel on a daily basis (even when you have no pain) also helps reduce inflammation and swelling



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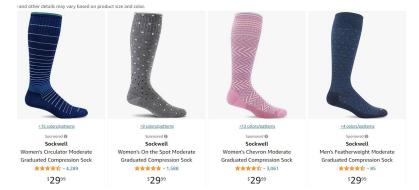












Moderate compression is typically sufficient: 20-30 mmHg



\$16<sup>26</sup>



SKUNDU Sooverki

Open Toe Compression Socks for
Women Men 15-20 mmHg 4 Pairs... & Men Open Toe 20-30mmHg is Bes... \$21<sup>24</sup> Typical price: \$24.99 Exclusive Prime price



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