



Marissa D. Jamieson, MD

### 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



# Post-operative swelling

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\*and other details may vary based on product size and color.

<p>+15 colors/patterns Sponsored by <b>Sockwell</b> Women's Circulator Moderate Graduated Compression Sock ★★★★☆ ~ 4,289 \$29<sup>99</sup></p>	<p>+9 colors/patterns Sponsored by <b>Sockwell</b> Women's On the Spot Moderate Graduated Compression Sock ★★★★☆ ~ 1,588 \$29<sup>99</sup></p>	<p>+13 colors/patterns Sponsored by <b>Sockwell</b> Women's Chevron Moderate Graduated Compression Sock ★★★★☆ ~ 3,061 \$29<sup>99</sup></p>	<p>+4 colors/patterns Sponsored by <b>Sockwell</b> Men's Featherweight Moderate Graduated Compression Sock ★★★★☆ ~ 85 \$29<sup>99</sup></p>
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Moderate compression is typically sufficient:  
**20-30 mmHg**

<p><b>SKUNDU</b> Open Toe Compression Socks for Women Men 15-20 mmHg 4 Pairs... ★★★★☆ ~ 512 50+ bought in past month \$16<sup>26</sup></p>	<p><b>Sooverki</b> Copper Compression Socks for Women &amp; Men Open Toe 20-30mmHg is Bes... ★★★★☆ ~ 2,713 \$21<sup>24</sup> Typical price: \$24-99 Exclusive Prime price</p>	<p><b>Dickies</b> Men's Light Comfort Compression Over-The-Calf Socks, Black (2 Pairs)... ★★★★☆ ~ 11,563 3K+ bought in past month \$11<sup>98</sup> List: \$44-99 Save more with Subscribe &amp; Save Prime</p>	<p>+11 colors/patterns <b>GoWith</b> Unisex Bamboo Graduated Compression Socks, 15-20 mmHg... ★★★★☆ ~ 108 50+ bought in past month \$19<sup>90</sup></p>	<p>+11 colors/patterns <b>Truform</b> Truform Sheer Compression Stocking 15-20 mmHg, Women's Knee High. ★★★★☆ ~ 5,614 1K+ bought in past month \$8<sup>99</sup> (\$8.99/Count)</p>
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