

Post-Operative Information

- Continue with pain medication as needed. Wean off pain medication as you are able by cutting down on the dosage, extending the time between doses, or both. Do not stop pain medications abruptly.
- Take stool softeners and laxatives as needed while on narcotics and stay well hydrated (8 glasses of water a day).
- Maximum Tylenol (acetaminophen or APAP) dosage in a 24 hour period is 3000MG (6 extra strength Tylenol), please remember there may be Tylenol in the pain medication you are taking.
- Do not drive while taking pain medication and until you have control of your leg. Typically this is around 3-5 weeks from surgery.
- Stay on your crutches or walker for a total of 2-3 weeks unless instructed differently.
- Attempt to ambulate one time every hour while you are awake.
- Continue to ice and elevate at home for at least 3 hours a day. Each session should last 20-30 minutes. (Ankle and knee above the heart – “KEEP YOUR TOES ABOVE YOUR NOSE”).
- Continue TED (compressive) stockings for two weeks after surgery.
- Remove the Aquacel bandage as directed, one week after you leave the hospital.
- After your staples/sutures are removed, wait until the next day to shower. If you have steri-strips applied, you may remove them after one week if they are still on.
- Do not submerge the wound in water until 6 weeks post-operatively. Shower normally, don't scrub the wound.

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- Please do not put any lotion, cream or scar reduction agent on your wound until cleared by your physician.
- Feel free to eat whatever is in your typical diet. Good nutrition aids healing. If you do not have much of an appetite, try protein shakes.