



## Aaron O'Brien, MD

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### Post-Op Instructions - General Foot and Ankle Surgery

#### **Weight Bearing:**

- Non-Weight Bearing: No weight should be applied to the leg at any time.
- When attempting to walk use the aid of an ambulatory device such as crutches, wheelchair, walker or knee scooter.
- Some patients may experience pain in their upper thigh, this is caused by the tourniquet placed during surgery and will subside soon.

#### **Care of the wound:**

- Dressing should not be changed until the 2 week appointment.
- Some patients may have a bandage on their hip from the bone marrow aspiration. These bandages can be removed in a couple days.
- If the dressing becomes wet or painful contact our office to make arrangements to change the dressing but do not do so yourself.
- When showering make sure to protect the foot from getting wet by using a plastic bag, taking a bath with the foot out of the water or using a protector ordered online or available at local stores such as Walmart, Walgreens and Target. A possible good option is listed below.
- <https://www.amazon.com/Carex-Cast-Protector-Lower-Leg/dp/B001AFDB8W?th=1>

#### **Elevation**

- To reduce swelling and promote healing keep your foot elevated above your heart as much as possible until your 2 week visit.
- Do not rest the back of your heel on anything to prevent pressure sores.
- Every 2-3 hours get up and move around for 10-15 minutes to help with blood flow.

**Diet:** If you had general anesthesia, resume a regular diet slowly, beginning with liquids. As liquids are tolerated, move to more solid foods.

**Post-Operative Examination:** If you have not already scheduled an appointment for 2 weeks following your surgery call and schedule an appointment at (435) 628 - 9393