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MIDFOOT FUSION FAQ'S

Q: Can I take my post-op shoe off at night?

A: Yes. The post-op shoe is for weightbearing activity only.

Q: I have bleeding, doesn't that increase my risk of infection?

A: No. Blood is sterile. If your blood is not sterile you're in serious trouble...Your dressings are applied in a sterile environment. There is actually a greater risk of infection by changing your dressing before your incision is healed.

Q: My dressings are causing pain, can I have them changed?

A: Yes. We don't want your dressings to create another wound on your foot or cause you to take more pain medicine.

Q: I have blood on my dressings, how long should I wait to call?

A: 48 hours. Some bleeding is normal after surgery. There shouldn't be any new bleeding 24 hours after your procedure.

Q: Can I take Ibuprofen?

A: No. We prescribe Ibuprofen to help get you through the initial few days after surgery because its very helpful for inflammatory pain. After the 1st week post-op Ibuprofen (and all NSAIDS) is actually detrimental to your bone healing.

Q: How long is it normal to take pain medicine?

A: No clear cut answer for this one. Expect some discomfort after surgery. If you have sharp pain, use medication to help. The goal of pain medication is not to enable to you do normal activities after surgery. Your pain should gradually resolve in the 1st few weeks after surgery.

Q: I had a block and I can't feel my foot, is this normal?

A: Yes. Sometimes blocks can last 24-36 hours. Numbness is normal after surgery. It is normal to have some numbness in your foot for a week or so. If you cannot feel your foot at all after 36 hours, call the surgery center and ask to speak to one of the anesthesiologists.

Q: I tripped and hurt my surgical foot, did I do any damage?

A: Unlikely. If your pain is worsening after an hour of elevation give us a call and we'll potentially take an xray. Usually if anything major has happened, the pain will be severe enough to go the Emergency Department.