



General Post-Op FAQ

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CAN I TAKE MY POST-OP SHOE OFF AT NIGHT?

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

I HAVE BLEEDING, DOESN'T THAT INCREASE MY RISK OF INFECTION?

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.

MY DRESSINGS ARE CAUSING PAIN, CAN I HAVE THEM CHANGED?

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

I HAVE BLOOD ON MY DRESSINGS, HOW LONG SHOULD I WAIT TO CALL?

48 hours. Some bleeding is normal after surgery. There shouldn't be any new bleeding 24 hours after your procedure. You can reinforce the bandage with Coban or another ACE bandage if needed to not see the drainage but do not remove the post op dressing without talking with our office unless instructed to do so in your post op orders.

CAN I TAKE IBUPROFEN?

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. ***Occasionally Ibuprofen is prescribed with your post op medications. We do this to help with inflammation after surgery. Ibuprofen can be taken intermittently if prescribed to avoid continued use of narcotic pain medication.*

HOW LONG IS IT NORMAL TO TAKE PAIN MEDICINE?

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 first few weeks after surgery.

I HAD A BLOCK AND I CAN'T FEEL MY FOOT, IS THIS NORMAL?

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.

I TRIPPED WITH MY SURGICAL FOOT, DID I DO ANY DAMAGE?

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

I'M HAVING A LOT OF BRUISING IS THIS NORMAL?

Discoloration/bruising is normal. It is caused by increased blood flow to the operative site and inability of the venous return system to keep up with the swelling. This discoloration will persist for 2-4 weeks following surgery.

AM I ABLE TO BATHE?

Take a sponge bath instead of a shower if possible during the first two weeks. If you choose to shower, cover the dressing with a waterproof covering. These may be purchased at:

- *Walgreens* Reusable Waterproof Cast & Wound Protector
- *CVS* Reusable Cast & Wound Protector
- *WalMart* Seal-Tight Freedom Cast and Wound Protector Adult Leg
- *Target* Nova Leg Cast Protector
- *Online (Amazon)* Waterproof Cast Cover, *Xerosox* Waterproof Cast Cover

CAN I DRIVE?

If you are in a black post op shoe and are no longer taking narcotic pain medication, you by law are able to drive. However if you do not feel confident with the pressure needed to push the pedals then we recommend waiting until you feel comfortable. If you are in a splint/cast or boot, please ask this question at your 2 week post op visit as the answer will vary based on surgery you had and if you're able to remove your boot drive moving forward from your post op visit.

CAN I GET A PEDICURE?

We recommend waiting until after our 6-week post op visit to get a pedicure in a salon. You however will get the okay to take a shower/bath after your sutures/staples have been removed at the 2 week post op.

WHEN WILL THE ORANGE SURGICAL PREP SOLUTION WASH OFF MY SKIN?

Be patient, this may take a few showers before the discoloration completely washes off the skin. Baby oil has been known to speed this process along.

WILL I NEED PHYSICAL THERAPY?

Most physical therapy orders are given at the 6-week post op visit. There are some surgeries that start sooner and if so, you will be provided this order at your 2-week post op visit.

WHEN CAN I FLY?

If you have travel plans within days after surgery, please let the team know to discuss DVT prophylaxis. If you have a weightbearing restriction you will need to be taking an aspirin the day before travel, day of travel and day after travel.