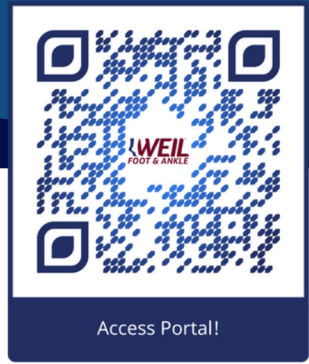


General Postoperative Frequently Asked Questions



Q: Can I take my surgical shoe off at night?

A: Yes. The surgical shoe is for weightbearing activity only. If you get up in the middle of the night, reapply the surgical shoe when weightbearing.

Q: I have bleeding. Doesn't that increase my risk of infection?

A: No. Blood is sterile and your dressings were applied in a sterile environment, so we want them on until the first post-op appointment. There is 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: You can remove the Ace Bandage to loosen the outer dressing; however, leave the sterile gauze under dressing intact. 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 24-48 hours after your procedure. You can reinforce the bandage with Coban or another ACE bandage if needed to not see the drainage. However, do not remove the post-op dressing without talking with our office unless instructed to do so in your post-op orders.

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

A: Pain is perceived differently by each individual patient. 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.

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

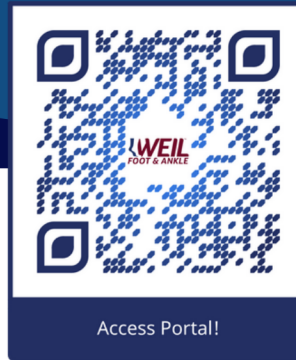
A: Yes. Sometimes blocks can last 24-36 hours. Numbness is normal after surgery. It is normal to have some numbness in your foot for a week or so. If you cannot feel your foot at all after 36 hours, call the surgery center and ask to speak to one of the anesthesiologists.

Q: I tripped with 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 x-ray. Usually if anything major has happened, the pain will be severe enough to go the Emergency Room.

Continued on next page...

General Postoperative FAQs, *continued*



Q: I'm having a lot of bruising. Is this normal?

A: 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.

Q: Can I drive?

A: If you are in a surgical shoe or regular shoe gear and are no longer taking narcotic pain medication, by law you 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 CAM boot, please ask this question at your 2-week post-op visit. The answer will vary based on the surgery you had and if you're able to remove your boot moving forward from your post-op visit.

Q: Can I get a pedicure?

A: We recommend waiting until after your 6-week post-op visit to get a pedicure in a salon. However, you will get the okay to take a shower after your sutures/staples have been removed at the 2-week post-op visit.

Q: When will the orange surgical prep solution wash off my skin?

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

Q: Will I need physical therapy?

A: 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 with this order at your 2-week post-op visit.

Q: When can I fly?

A: 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.