

MR #

Case ID #

DOS

Patient Name

DOB

Age

Sex

Surgeon

Operative Procedure  Same

Doctor:

If you experience problems that you feel warrant the attention of a physician and cannot reach your surgeon through his / her office number, please call Bozeman Deaconess Hospital at 406-585-5000 to have the surgeon on call paged or go to the nearest emergency room. In the event of an extreme emergency please call 911.

**Activity:**

- Rest quietly for the remainder of the day
- To reduce swelling and discomfort elevate your foot / feet at or above the heart (on 2-3 pillows) until your first post-op doctor's appointment.
- Absolutely NO weight bearing on surgical foot until post-op appointment
- Minimal weight bearing on surgical foot until post-op appointment
- Weight bearing on surgical foot as tolerated
- Wear your TED hose on the non-operative leg until your first post-op appointment
- You should have someone with you for the first 24 hours after you return home. It is not unusual to feel tired or drowsy the day after surgery. You may also experience mild headaches, muscle aches, sore throat or slight nausea after surgery. These symptoms should resolve in a day or two.
- You may not drive for 24 hours after anesthesia, any time you are taking narcotic pain medications, while on crutches or wearing a post-op cast or boot. You should not operate machinery or make important decisions during this time.

For uncontrolled pain after surgery you may supplement with:

- Over the counter Tylenol / Acetaminophen as directed on the bottle.  
\*Exceptions: please do NOT take additional Tylenol if you are taking Hydrocodone.
- Over the counter Ibuprofen as directed on the bottle.  
\*Exceptions: please do NOT use Ibuprofen if you have any history of bleeding ulcers.
- Over the counter Aleve as directed on the bottle.  
\*To prevent constipation caused by narcotics it is highly recommended that you take a stool softener (Miralax, Colace), available over the counter, every day you are on narcotics and until bowel habits return to normal.

**Medications:**

Get all prescriptions filled and take as directed. Always take pain medications with food and plenty of water.

Prescription given

- You may resume your regular medications

Exceptions: \_\_\_\_\_

**Wound Care:**

- Ice the operative site for 20 minutes out of every hour while awake for the next 3 days. Place ice bag around ankle or behind the knee. To prevent frostbite use a cloth barrier between the skin and ice.
- Keep dressing clean, dry and intact
- Do not remove your dressing
- Do not take shower / bath until after post-op appointment
- You may shower with a plastic bag covering the dressing

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Diet:

- For today eat lightly, increase your diet as tolerated. Drink plenty of fluids.
- You should not drink alcoholic beverages for the next 24 hours or while taking narcotic pain medication

Follow up with your physician's office as instructed.  
Your post-op appointment is:

Date

Time

Notify MD / PA if you experience:

1. Severe pain unrelieved by medication
2. Persistent nausea and vomiting
3. Excessive bleeding (bright red blood that saturates your dressing)
4. Fever over 102°
5. Shortness of breath
6. Signs of infection at your incision site: redness, increased tenderness, foul odor or discharge
7. Inability to urinate 6 hours after leaving the surgery center

The above discharge instructions have been received and understood by me.

Relationship

Date

Signature

RN signature

Date

Time