

Post-Operative Instructions
for patients of Justin T. Newman, M.D

Ankle Surgery

- Diet
 - Start with clear liquids and light foods (jello, soup, etc)
 - Progress to your normal diet as tolerated by nausea
- Wound Care
 - Keep operative dressings in place. If there is swelling of the ankle or foot – loosen the bandage.
 - Bleeding and swelling are normal after surgery. If a small amount of blood soaks through do not become alarmed – reinforce with additional dressings.
 - Keep the splint and or dressings dry. You may shower by placing waterproof bags or by purchasing a showering bag at the pharmacy.
- Medications
 - If placed, nerve blocks and pain medication injected into the wound will wear off from 8-24 hours after surgery.
 - Dr. Newman prefers that you avoid anti-inflammatory medications for 6 weeks after surgery (i.e. Advil, ibuprofen, Aleve). Occasional use is permissible, however please limit the amount taken. If they are appropriate to take for your surgery, he will let you know.
 - Narcotic pain medications are often prescribed to aide in controlling your post-operative pain.
 - Length of use is generally 2-5 days, depending on level of pain
 - These medications will not alleviate all of your discomfort, but should help to manage your pain, in addition to elevation of your extremity and icing.
 - Do not mix with alcohol.
 - Common side effects of pain medication:
 - Nausea – take medication with food. Take anti-nausea medication if prescribed. If this persists, call the office to consider having your medication changed.
 - Drowsiness
 - Constipation – if this occurs consider taking an over-the-counter laxative such as prune juice, Senekot, Colace or Miralax
 - Do NOT drive a car or operate heaving machinery while on narcotics.
 - Narcotic medications cannot be called into a pharmacy. They require a written prescription from the office. Please monitor the amount of pain medications that you have in order to not run out of medications.

- Ice Therapy
 - Placing ice over the splint/dressings can help with post-operative pain and swelling.
 - Icing above the splint or dressings can also help, this will cool the blood that is flowing to your surgical site and can help to improve symptoms.
 - Remember to support your limb while icing.
 - Ice as much as tolerated for the first 14 days.
 - Ensure the ice does not leak and make the dressings wet.
- Activity
 - Elevate the operative leg to chest level when ever possible to decrease swelling
 - Do not place pillows under the knee (do not keep the knee in a flexed or bent position), but rather put them under the foot or ankle to elevate the leg
 - Use crutches to assist with walking
 - Do not engage in activities that increase knee pain/swelling including prolonged periods of standing or walking for the first 7-10 days after surgery
 - Avoid long periods of sitting without leg elevated, or long distance travel for 2 weeks
 - May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable
- Ted Stockings
 - These compressive stockings/socks are to be worn for 2 weeks after surgery on the opposite leg.
 - They control lower extremity swelling and decrease the chances of blood clot formation.
 - May remove for showers, but please use at all other times.

EMERGENCIES

- Contact Dr. Newman or his staff if any of the following are present:
 - Painful swelling or numbness
 - An abrupt change in the nature or severity of pain
 - Fever over 101.5° (It is normal to have a low grade fever for the first day or two after surgery)
 - Redness around incisions
 - Color change in wrist, hand or lower extremity
 - Continuous drainage or bleeding from incision (routine drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting
 - If you have an emergency after office hours or on the weekend, call 303-344-9090 to be connected to our pager service. They will contact Dr. Newman or one of his colleagues. Do NOT call the hospital or surgery center.

****** If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

- **Follow-up and Questions**
 - During normal business hours, Dr. Newman or his point of contact Crystal can be reached at 303-344-9090
 - If you do not already have a post-operative appointment scheduled, please call during normal business hours to schedule at 303-344-9090
 - Your first visit should be 10-14 days after surgery.
 - Plan to see Dr. Newman in clinic also at 6 weeks, 3 months and 6 months after surgery. These intervals may vary depending on your specific surgery.

Dr. Newman strives to take **exceptional** care of his patients. If there are any concerns, difficulties or problems, please let him know. He wants to work with you to achieve the best possible outcomes. This is best obtained with an open line of communication.

Wishing you a quick and successful recovery!