

Ankle and/or Hindfoot Surgery
Post-Operative Patient Instructions

- Advance your diet as tolerated to your usual diet and restart your home medications.
- Prescriptions for pain medicine and nausea have been provided for you to take as needed. It is better to take the pain medicine **before** you have pain. Do not take additional Tylenol with the pain medicine, as it usually already has Tylenol in it.
- Please take **one enteric-coated aspirin (325mg) twice a day** with meals for 3 weeks after surgery, unless otherwise instructed. This, as well as **frequent knee movement**, helps prevent blood clots from forming after surgery. Do not take other anti-inflammatories (like Motrin or Aleve) with Aspirin.
- Keep splint **intact, clean, and dry** until your follow-up appointment. If the splint becomes too tight, you may loosen the outer bandage.
- Weight bearing is **touch-down only** in the splint. Crutches or a walker are provided for mobility assistance.
- **Elevate** and **ice** your ankle 80-90% of the time until follow-up to reduce swelling and pain. Remember **“Toes above nose.”**
 - Call the office at **(540) 371-5333** to schedule your follow-up appointment for 10-14 days after surgery if you do not already have one.