



**Jan-Eric Esway, MD**

Orthopaedic Surgeon

[www.janeswaymd.com](http://www.janeswaymd.com)

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## LOWER EXTREMITY POST-OP INSTRUCTIONS

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### DIET

Start with clear liquids (water, ginger ale, chicken broth) then slowly advance (soup, crackers) as tolerated to your regular diet.

### MEDICATIONS

**Prescriptions** for pain and nausea medications are provided at the time of discharge. Extra Strength Tylenol may also be used in addition to prescription pain medication; it is safe to take 2 Extra Strength Tylenol up to 3 times per day. This can be done at the same time you take your pain medication or in alternation with.

At the pharmacy, you should also purchase a stool softener (Senna or Colace) to help prevent constipation, which commonly occurs when taking pain medications.

Resume taking the medications you were taking before surgery, unless instructed otherwise.

### ACTIVITY

#### **Weight-bearing**

Touch-down only, meaning that you can put the operative foot on the floor just to balance yourself and prevent yourself from falling, and you are using crutches or a walker for assistance.

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### EMERGENCY CONTACT

In case of an emergency after hours, call the hospital operator at (540) 498-4000 to have Dr. Esway paged.

### ELEVATION & ICE

**Elevate.** The incision needs to be above the level of your heart in order to control swelling. If you had foot/ankle surgery, a good way to think about this is “toes above nose!”

**Ice** can also be used to help prevent swelling after surgery, 45 minutes on and 45 minutes off. A bag of frozen peas or corn sometimes works better than a bag of ice cubes.

### BLOOD CLOT PREVENTION

If you had foot/ankle surgery, it is a good idea to bend your knees frequently (every hour while awake) to help prevent blood clots.

### INCISION/BANDAGE CARE

**Bandages** should be kept clean and dry at all times until your follow-up appointment; however, if the bandages feel tight it is OK to loosen them.

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### FOLLOW-UP

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Please call my office at (540) 834-5448 to schedule a follow-up appointment if you don't already have one.

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