



Lower Extremity Surgery Postop Care Instructions

- **IF YOU HAVE A SPLINT, DO NOT REMOVE.** We will take this off at your postop appointment.
- **DO NOT GET WET.** If your splint does get wet, contact our office to have this changed even if your postop appointment is within a few days.
- If you do not have a splint, you may remove your dressing after 72 hours. If you have white steri strips applied over incision, these are to remain on until your postop appointment. Keep your incision clean and dry. You may shower and let water run over your incision, but do not scrub. Pat dry once done. No soaking of incision for 4 weeks.
- If you are to be non-weightbearing you may use crutches or a rolling knee walker. If you are interested in the rolling knee walker, contact our office.
- Ice for 20 minutes every hour for the first 3-7 days postop. Do not apply ice pack directly to skin.
- Swelling is expected after surgery. We do recommend that you elevate and use compression (ace bandage).
- If you received a femoral block (nerve block), this can last up to 12-24 hours after surgery. You are to remain non-weightbearing for 48 hours and then can return weightbearing unless otherwise instructed. If you have any difficulty with this, please contact our office if during business hours at (316) 630-9300. If after hours, please call Answer Advantage at (877) 414-2372 to have your physician paged.
- Do take pain medication as directed for the first 3-5 days even if you had to get up through the night. This will decrease the immediate onset of pain. If you feel that your pain medication is not lasting the 4-6 hours as prescribed, we recommend you alternate doses of Ibuprofen in between if able to take an anti-inflammatory. You can take up to 2,400mg of Ibuprofen in a 24 hour period. If you have tried this and still no relief, contact our office if during business hours (316) 630-9300.
- You may receive a refill of pain medication every 7 days. Since it is a controlled substance we are not able to call to a pharmacy. You will have to come to our office to pick up a prescription and hand carry to the pharmacy. If your refill day is on a Friday, you will need to call prior to 3pm to have ready by the end of the day. We do not fill prescriptions over the weekend.



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- You will be given a script of antinausea medication with your postop pain medication. This is for you to take if you are vomiting or feeling nauseated only. You do not have to take this if you have no symptoms.
- If over 18 years of age, do start taking an Aspirin 325mg. One tablet once daily for 4 weeks.
- Call our office if you notice abnormal redness, warmth or drainage of the incision. Also, if you experience any pain, swelling and warmth of the calf.
- If you have any other questions or concerns, contact our office at (316) 630-9300. If after hours, please contact Answer Advantage at (877) 414-2372 to have your physician paged.