



After Surgery

Wound Care

Maintain your operative dressing, loosen bandage if swelling of the lower extremity occurs. It is normal to bleed and swell following surgery. If blood soaks through the bandage, do not become alarmed, reinforce with additional dressing. You may remove the surgical dressing on the third post-operative day or wait until your first physical therapy appointment if possible – if minimal drainage is present, apply a clean dressing over incisions and change daily. To avoid infection, keep surgical incisions clean and dry. If you develop a fever (101.5), redness, or yellow/brown/green drainage from the surgical incision site, please call our office to arrange for an evaluation.

Suture removal

Your sutures will be removed 10-14 days after surgery. Please do not soak in a pool or bathtub until cleared.

Driving

Driving is permitted if the narcotic pain medication is no longer being taken and you feel comfortable getting into and out of a car. Depending on what operation you had done, you want to feel comfortable pressing down on the gas and brake pedals before driving. Driving a manual car may take longer. You may request a handicap placard to better accommodate you.

Ice Therapy

Begin icing immediately after surgery. Use your icing machine (if given one) continuously, or ice packs (if machine not prescribed) 3-4 times a day for 20 minutes daily until your first post-operative visit – care should be taken with icing to avoid frostbite to the skin.

CPM (Continuous Passive Motion Machine)

Some procedures utilize a different protocol and this will be communicated to you.

Showering/Bathing

You can shower 72 hours (3 days) after your surgery. We ask that you keep the incision clean, dry, and covered. When you shower, you can buy bandages that seal the wound and are waterproof (**Tegaderm**). Ask your local pharmacy or drug store if they have these types of dressings. After your sutures are removed, you can shower without any type of dressing. We ask that you refrain from soaking or sitting in any type of tub until at least 6-10 weeks after your surgery.

Hot Tubs/Whirlpools

Because of the heat and bacteria in the water, we **DO NOT** want you to use a hot tub or whirlpool for the first 6 weeks after surgery and/or instructed by provider.