

It is important for you follow the instructions below after your forefoot surgery.  
Please call us at 203-869-1145 if you have any questions. Call after hours for urgent questions.

### **WEIGHTBEARING**

**Do not bear weight on your operative leg.** Use your crutches, walker or scooter when you need to be up and about for personal toilet, post-operative visits, etc. At your first postoperative visit your doctor will discuss when you will be able to begin weight bearing.

### **BANDAGE/DRESSING/BATHING**

Keep the dressing clean and dry. **DO NOT** get your dressing wet. We will remove the dressing at your first postoperative visit. Some blood seeping through the dressing is generally not a cause for concern. However, please give us a call if the bleeding seems excessive. In most cases, we will simply recommend reinforcing the dressing with standard bandages you can get at the pharmacy. We will have you come in to the office the following day, if necessary.

### **SWELLING**

To minimize swelling after surgery, elevate the leg above your heart as much as is feasible. Ice can help with the swelling and pain and should be used if your dressing is small enough to allow the ice to work. Make sure the ice does not melt and dampen your bandage. Try to keep your toes above the level of your nose for the majority of the first 2-5 days after surgery, regardless of pain. Thereafter, elevate when possible.

### **FEVER**

A low grade fever below 101.5° is common within the first one to four days immediately following surgery. However, call the office if you are experiencing a higher fever (>102F).

### **PAIN**

Keeping ahead of surgical pain is the best way to manage it. If you received a nerve block, be aware that it can wear off at any time. Nerve blocks can sometimes last as long as 48 hours, but typically wear off between 18 and 24 hours. Be sure to have your prescription for pain medication filled before the numbing medication wears off. Take a pain pill at the first sign that the anesthetic is wearing off and pain begins. Also take pain medication prior to going to sleep on the night of surgery even if you feel very little pain. Narcotic pain medications such as oxycodone are very potent and may cause dizziness, nausea, lightheadedness and confusion. **DO NOT** mix these medications with alcohol or sleeping aids. In general, pain is the most intense on the first and second day after surgery and then decreases gradually.

### Forefoot surgery Sean Peden, MD (Continued)

You will experience less pain by elevating your foot to reduce swelling. Call the office if the medication is not adequately controlling the pain. Stronger pain medications require a written prescription and can only be picked up during business hours. If your pain is so severe that it cannot wait until the next business day, visit your nearest emergency room.

**Please Note:** Narcotics slow down gastrointestinal function and constipation may occur. A stool softener or gentle laxative should be taken to alleviate this discomfort. In more severe cases, a 10 oz. bottle of magnesium citrate produces a faster acting, more dramatic result.

In addition to the oxycodone, take acetaminophen (brand name Tylenol 1000 mg) three times a day, unless contraindicated. This should be taken regardless of pain as it has a synergistic effect with oxycodone. Also, you can take ibuprofen (brand name Advil or Motrin 600-800 mg) three times a day for additional pain relief after surgery unless you cannot tolerate NSAIDs (non-steroidal anti-inflammatory drugs). All three medications (oxycodone, acetaminophen, and ibuprofen) can be safely taken at the same time. Take these with a small amount of food. Do not take any medication if you do not have pain.

#### **FOLLOW-UP**

Schedule an appointment to come in 2-4 days after surgery. If this has not yet been set up, call the office to get on the schedule. During this appointment, your dressing will be removed, the progress of your healing will be assessed, and you will have the opportunity to discuss your surgery and any questions you may have.

#### **NUTRITION**

Eat a well-balanced diet and take plenty of fluids. Water and electrolyte-containing drinks such as Gatorade or Vitamin Water are best for hydration. You should take a standard multivitamin as well as Vitamin C 500mg for two months after surgery to aid in healing. A high protein diet has been associated with better healing.

#### **IN CASE OF EMERGENCY**

In case of any emergency, please contact the office or call 911 immediately. If your emergency occurs after business hours, the on-call physician will assist you. The after-hours line is for emergency only. Non-emergency questions for your surgeon should be addressed during your post-operative visits.