

GENERAL POST-OPERATIVE INSTRUCTIONS for Lower Extremities

Jeff Anderson, MD
Eugene DellaMaggiore, MD
Julie Cragholm, PA-C
Stephanie Starritt, PA-C

1. If crutches were given to you, use for 48 hours, then as needed or as instructed.
2. May take shower after 48-72 hours if wound is dry. No soaks in tub, hot tub or pool.
3. Remove dressings after 48-72 hours

For example – if you leave the surgery center at 10am on Wed, then at earliest you can remove the dressings is on Friday at 10am. Leave white/brown steri-strips in place.

****If you have a hard splint, keep it clean and dry until you are seen by a clinician****

4. Drainage into dressing is to be expected. If drainage continues after 3 days, call the office.
5. Elevate legs above heart in a reclined position. (3x/day , each 30 minutes)
6. Start range of motion as tolerated. Circle and bend ankles once an hour while awake. May bend knee as tolerated, unless instructed differently.
7. Limit activity during first 2-3 days. No driving until you are off pain medications during the day.
8. Pain medication may be used as directed.
9. Ice surgical area with towel between skin and ice up to 4-5 times a day for 20 minutes at a time. (If you have an ice machine, use towel between skin and ice pad. May use 1-2 hours on and 1 hour off)
10. If you develop a fever over 101° F, have redness, excessive drainage, or excessive pain not tolerable on pain medication, please call the office.
11. Make a follow up appointment within 7-10 days of your surgery date.

THESE ARE GENERAL POST-OP INSTRUCTIONS ONLY. IF SPECIAL INSTRUCTIONS ARE GIVEN, PLEASE FOLLOW ACCORDINGLY. FOR ANY QUESTIONS, PLEASE CALL (408) 297-3484.