

Discharge instructions:

General Instructions

- You will be toe touch weight bearing on your operative extremity with your brace locked in extension AT ALL TIMES.
- You may only unlock your brace for range of motion as directed by your doctor or physical therapist.
- You will sleep in your brace until instructed by your physician
- Wear your white stockings during the day – these help control the typical swelling in your legs after surgery and minimize the likelihood of blood clots.
- Elevate the operative extremity when you are resting to help minimize the swelling.
- Use ice to help control the swelling and pain. DO NOT USE HEAT – this will increase the swelling.
- Call the office if you develop fevers (over 100.5) or chills
- You should have an office appointment about 7-10 following your discharge from the hospital. If you do not please call 775-786-3040.

Wound Care

- You may shower 2 days after surgery if the wound is dry. Keep water exposure to the incision site brief and blot it dry when you get out. Do not bathe or swim or Jacuzzi (ie. Do not submerge the incision) for approximately 3 to 4 weeks.
- Do not use ointments or creams on the incision.
- Keep the incision clean and dry. Any drainage from the incision should be reported to the doctor immediately.
- You may notice some bruising around the incision and into the operative extremity. This is not uncommon and should begin to go away within the first 2 weeks after surgery.

Activity

- Estimated return to work varies depending on the demands of your job. Some ambitious patients return to desk jobs / administrative type work as early as 1

week after surgery (but usually more like 1 month). For active labor or heavy labor, it may take 3 to 6 months to return to work.

- You should do the following exercises at home:
 - Ankle pumps: contract your calf muscles to point your toes down, then bring your toes up, towards your head. Do this for 10 repetitions 5 times per day.
 - Quad contraction: contract your quadriceps muscle as if you were going to perform a straight leg raise. Do this for 10 repetitions 5 times per day.

Medications

- You were prescribed a short acting, narcotic pain medication. It is recommended that you begin to wean off of this medication in about 3 days after surgery. To help wean off of the pain medications or to supplement your pain control you can use Tylenol to help with pain.
- You were prescribed a baby Aspirin that you will take two times per day for 14 days to help prevent blood clots.
- You will not be discharged from the hospital with any antibiotics unless there are specific concerns regarding infection.