

CARE AT HOME AFTER ANKLE SURGERY (Dr.Hickey)

How you might feel after your operation

- You may feel nauseated, light headed, dizzy or sleepy for up to 24 hours after your surgery
- You may have a slight temperature for a day or two
- You may feel tired for a few days after your surgery
- Make sure you have a responsible adult stay with you for 24 hours

For 24 hours after your surgery do not.... Drive a vehicle
Operate heavy equipment
Drink alcohol or smoke
Make any important decisions

Incision Care

- You may have some redness and swelling around your incision area. Keeping the affected foot raised above the level of your heart as much as possible will help with this
- Your surgeon or nurse will tell you if and how much weight you can put on your foot.
- Keep your dressing clean and dry and then remove the dressing on the 4th day post-operatively
- If you develop increased redness, swelling and pain at your incision or you have a “smelly” discharge, call your doctor or go to the emergency department
- You may be prescribed a special shoe to wear to protect your foot. Bring it with you when you come to the hospital for your surgery and you will wear it home that day.
- If you have had freezing in your foot, you may feel numbness for a few hours
- Check the circulation in your leg and foot frequently. If you have color change from normal to white or blue, or persistent numbness or tingling in the limb, call your surgeon or go to the nearest emergency department

Pain and Medication

- Your surgeon will give you a prescription for pain relievers. Take them as instructed by your pharmacist.
- You may take your regular medications again when you arrive home

Nutrition

- Eat light foods for the first day such as tea, toast, soup and jello. Drink lots of fluids. You may increase your foods as you feel better.

Activity and Exercise

- Rest for the first day when you get home. By the next day you will feel more able to move around. This improves circulation and speeds recovery.
- Your surgeon will let you know when to return to work
- Contact your surgeon’s office to arrange for a follow up appointment