

Removal of Hardware

Home Care Instructions

You may bear as much weight on your leg as you can tolerate. Most patients use the cane/crutches for 2 to 5 days. When seated keep the extremity elevated above your heart as much as possible for the first few days following surgery.

-Michael C. Russonella, D.O.

Activity and Diet

Go home and rest today. If you received sedation or general anesthesia, you may feel tired and drowsy. Therefore, you should not drive a car, operate any machinery, drink alcoholic beverages or make any legal decisions for 24 hours. If this is your right leg, you may not operate a motor vehicle until otherwise advised. Doing so will place you in the legal category of an “impaired driver” in the eyes of the law. If you received a local anesthetic, you may feel numbness that should gradually wear off. Start out with liquids and progress to your regular diet as tolerated.

Pain Medication

All medication is sent electronically to your pharmacy. If you are not comfortable taking the pain medication you may also take Tylenol 1-2 tablets every 4-6 hours as needed for pain. Please take pain medication with meal. You may come off the prescription pain medication when you feel comfortable. Resume other home medication as per usual regimen.

The pain medication may cause constipation; drink plenty of fluids, apple juice and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter at any pharmacy.

Wound Care and Showering

Keep the dressing/cast clean and dry. If it becomes wet or soiled, report to the office for a dressing change. Leaving a wet or soiled dressing in place can predispose to infection. The dressing will be changed at your first post-op visit. The 2nd morning following surgery you may shower after removing all the bandages from your surgery site. Do not use a hot tub, bath, or go swimming until the wounds have completely sealed off.

Rest, Ice, Compression, and Elevation

APPLY ICE NOT HEAT! Heat will increase pain/swelling. Ice is an excellent source of relief of pain, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. You may continue to use ice several weeks following surgery. It is also recommended to keep the extremity elevated as much as possible for the first few days after surgery. This will help greatly with swelling and pain.

Return Visit

The office will call you to schedule your post-operative appointments.

Emergency

Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

**** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. ****