



**Post Operative Lower Extremity Instructions**  
**Jason P. Young MD**

**Diet:** Advance to solid food as tolerated

**Bandages:** Do not remove your dressing for 24hrs. Most patients will be seen within 48 hours for a dressing change and instruction. If your surgery is on Thursday or Friday, remove your dressing 48 hours after surgery. You can cover portals with Band Aids. Some bloody drainage is typical for up to 4 days after surgery. Larger incisions can be left open to air or covered with a dry dressing. Do not apply creams or other cleansing agents to your incision. If you have a splint placed, please do not remove – this will be done in the office.

**DVT Prophylaxis:** You will have TED hose on, please continue to wear these during the day until your sutures are removed (you may take breaks to wash/or pick up a second pair at a local drug store.) Typically, 325mg of Aspirin one daily is prescribed to help reduce your risk of DVT please take as instructed. If you have risk factors or prior DVT you may be placed on other blood thinning medications to be taken as directed.

**Bathing/Showering:** All incisions must stay dry for 7 days. Please wrap extremity to keep dry during bath or shower. Saran wrap can work nicely to seal the area. Soaking the wound is not allowed until 48 hours after sutures are removed.

**Activity:** Please follow your weight-bearing status. No sports, running, squatting, kneeling, or exercise machines until directed by physician.

Partial Weight Bearing with Crutches     Non Weight Bearing With Crutches

**Medications:** A local anesthetic and/or a nerve block will help control your pain. These medications may provide relief for 6-12 hours. You have been given a mild narcotic as well that should be used according to written instructions. You cannot consume alcohol or operate any machinery while taking these medications. In addition, these medications can cause nausea and constipation. You have been given an anti-nausea medication to use if needed and we highly recommend a stool softener as well to prevent constipation. Please note we will **NOT** refill narcotic pain medications after hours.

**Comfort Measures:** Please elevate your leg at heart level for 2-3 days after surgery and ice as much as possible. Ideally, ice and elevate 20 minutes then get moving. Please do not place ice directly on skin, nothing thinner than a wash-cloth should be between the ice pack/machine and your skin or frostbite can occur.

**Exercise:**

- Begin range of motion once brace unlocked
- Straight leg raises: while lying down fit up your leg with the knee straight and hold heel 10 inches of the ground. Hold 10 seconds then repeat, 10 reps, 3 times per day.
- Heel Slides: While lying down slide your heel toward your buttock, bending the knee. Repeat 10 times, three times per day.
- Ankle Pumps: Move your foot up & down 30 times every hour for first 5 days after surgery.

**Problems:** Your leg may have swelling/pain for first several days. If you have increasing pain please try elevation, ice, and medication. If these measures do not help, please contact your surgeon.

Please contact immediately with the following

1. Severe pain
2. Temperature above 101F
3. Pain, redness, or significant swelling in your knee or calf.

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