

# HSE Orthopaedic Surgery Clinic

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General Orthopaedics

## AMBULATORY SURGERY

### HOME CARE INSTRUCTIONS:

#### LOWER EXTREMITY SURGERY

- Keep the dressing or cast clean and dry.
  - If the dressing feels too tight, loosen it, but do not remove it. Never put anything in the cast or dressing.
  - Expect a small amount of bleeding. If your dressing becomes saturated with blood, call your physician.
  - Report to your physician any signs of infection, such as redness, swelling, pus, or unusual drainage.
  - To help reduce any swelling and pain, raise your leg with pillows. Your toes should be warm and pink and move freely. If your toes become cool or pale, call your physician.
  - Do not cross your legs.
- Follow the instructions below checked by your physician or nurse:

Do not put *any* weight on your operated foot. Use your crutches at all times.

Do not put your *full* weight on the operated foot. Use your crutches to put only a "toe touch" amount of weight on the foot.

You *may* put your full weight on your operated foot, but do not attempt to walk long distances for the first few days.

Wear post-operative shoes as instructed.

- Do not drive until your physician has advised you that you may.
- Avoid rough or strenuous activities, such as sports, until your physician has given his permission for you to participate.

#### SPECIAL INSTRUCTIONS:

Physician's Name

Physician's Phone Number

I have read and understood these instructions and am willing to comply with them. I have also received a copy of these instructions.

Signature of Patient or Responsible Person

Date/Time

Nurse Giving Instructions