

# Care Guide after Foot/Ankle/Knee/Leg Surgery

I came to the hospital on \_\_\_\_\_ and left on \_\_\_\_\_

I came to the hospital because \_\_\_\_\_



## How I may feel and what I should do

### These symptoms are **normal**

#### I may feel pain

- I should take my pain medication before my pain gets really bad.
- I should follow the instructions on my medication bottle.
- I should use Tylenol and/or Advil (if possible) to manage my pain. I should speak with my pharmacist about appropriate doses for Tylenol, Advil and other medications if I am not sure.
- I should use narcotic pain medication only for severe pain, and decrease its use as my pain gets better. Examples of narcotic pain medications are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.
- **I can't** drive or drink alcohol while taking narcotic pain medication.
- **If I do NOT have a cast on:** I should use an icepack for 15-20 minutes every 2 hours for the first 2 weeks to help with pain and swelling.

#### I may feel constipated

- Pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water and eat lots of fruits and vegetables.
- **I shouldn't** strain or push too hard when having a bowel movement.
- I can take a stool softener like Senokot if I haven't had a bowel movement in 2 days. I should ask my pharmacist if I need advice.

#### I may feel tired

- I should rest when I'm tired. Pain medication can make me feel sleepy.

#### I may feel nauseous or not feel hungry

- I should eat smaller meals and snacks more often.
- I can take anti-nausea medication like Gravol if needed.

### These symptoms are **not normal**

- My incision is bleeding a lot, even after I put pressure on it for 15 mins.
- My temperature is consistently over 38.0°C or I have chills.
- I have ongoing nausea and vomiting that has lasted more than 24 hours.
- I have bad pain that doesn't get better when I take pain medication.
- My fingers or nail beds are numb, blue in colour, and cool to touch.

I need to **call my surgeon** or go to the nearest **emergency department** if I can't reach my surgeon.

### My notes

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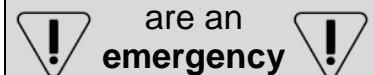
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### These symptoms



- I have trouble breathing.
- I have chest pain.

I need to **call 911**.



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## How I should care for my leg

- I should keep the leg I had surgery on elevated to help with swelling.
- I should keep my bandage dry and clean. If I'm told to take the bandage off, I should keep my incision dry.
- **I shouldn't** put any lotions, creams or polysporin unless directed by the surgeon.
- If I smoke, I should cut down on smoking to improve healing.
- If I have diabetes, I should continue monitor my sugar levels.
- **I shouldn't** do any heavy lifting, pushing or pulling to avoid injuring my leg.
- I may require physiotherapy. Instructions will be provided to me at my next appointment.

### If I have a cast

- I should watch for signs of poor circulation: toenails or nail beds that are numb, blue in colour, and cold to touch.
- I should keep my cast clean and dry and not put anything inside of it.

### If I was told to NOT weight bear on my leg

- I will follow surgeon's instructions and avoid putting weight on my leg.
- I will use crutches, knee scooter or a walker to keep weight of my leg.

## My notes

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## How my activities will change

### Showering

- I should avoid making my incision or cast wet. I will keep my leg dry by either avoiding showering or wrapping my cast and dressing with water-tight material. If my cast gets wet, I will have to contact the Fracture Clinic to change it by calling 416-469-6384.

### Exercise and physical activity

- I should practice deep breathing to keep my lungs healthy.
- I should do these exercises if my bandage, brace or cast isn't in the way:
  - Wiggle my toes.
  - Bending and straightening my hip, knee and ankle.

### Eating

- I can eat normally the day after my surgery.

### Taking medications

- I should take my regular medications starting the day after my surgery, unless my surgeon has told me not to.



## My medications



## My appointments



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- I was given a list of medications I need to take.
- I was told why I need to take my medications.
- I was told about the side effects of my medications.

- I was given a list of my appointments.
- Someone reviewed my list with me.
- I was told about the automated phone call.



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