

**Shelden L. Martin, MD**

*Specializing in:*

- Sports Medicine
- Arthroscopic & Reconstructive Shoulder, Elbow and Knee Surgery
- Team Physician: Arizona Cardinals | Arizona Diamondbacks | Arizona Coyotes | Arizona Rattlers | Chicago White Sox

**Discharge and Home Instructions**  
**Foot & Ankle Surgery**

The following surgery was performed:

- Arthroscopic:  Debridement/synovectomy  Loose body removal  Other \_\_\_\_\_
- Open:  Fracture repair  Other \_\_\_\_\_

The following anesthesia was utilized:  General  Peripheral nerve block  Local anesthetic

Management after Anesthesia:

- Drink adequate amounts of fluids
- Resume regular diet, beginning with bland, non-spicy foods such as soups and breads and progress as tolerated
- Begin taking all your normal medications that were taken prior to surgery, unless directed otherwise

Pain Management:

- You have been provided with the following prescriptions to help manage your pain:
  - Anti-inflammatory:  Diclofenac  Celebrex  Etodolac
  - Narcotic:  Percocet  Norco
  - Nerve pain medication:  Gabapentin  Lyrica
  - Blood thinner  Aspirin
- These medications work together to help manage your pain, not eliminate it. It is normal to expect some level of pain after surgery. Begin taking these medications as directed the evening after surgery or as soon as you begin to feel pain, even if the peripheral nerve block or local anesthesia is still providing pain relief. You may begin to taper off the medications as your pain allows.

Activity:

- Do not drive or perform strenuous activity for 24-48 hours after anesthesia.
- Keep the operative leg elevated at or above the level of the heart for 72 hours after surgery, during the day and at night when sleeping. This will help prevent swelling of the foot and toes and help with pain control.
- Apply ice to the operative site or directly over the splint and dressing for 15-30 minutes every 2-4 hours for the first 72 hours after surgery. Do not apply ice directly on the skin, as this may cause a burn.

Blood Clot Prevention:

- Lower extremity surgery is a risk factor for developing a Deep Vein Thrombosis (DVT) or blood clot. You may have been prescribed aspirin to thin your blood to help prevent blood clots. Additionally, perform ankle and foot pumps regularly every 1-2 hours for the first 72 hours after surgery.

Surgical Incision Management & Bathing:

- Keep the splint and surgical dressing clean and dry and in place until your follow-up visit in the office with Dr. Martin. Keep the dressings and incisions dry when bathing by covering the leg with a garbage bag and securing with a strong rubber band above the dressings or splint. This must be continued until your first follow-up appointment with Dr. Martin and removal of the splint and sutures or staples.
- It is normal for dressings to become lightly saturated after surgery in the first 24-72 hours. You may reinforce with additional gauze dressing and tape. Notify Dr. Martin's office if the dressings continue to be heavily saturated even with reinforcement.

Weight bearing:

- Depending on the procedure performed, it is sometimes necessary to limit the amount of weight that is able to be placed on the operative extremity to allow the surgical repair to heal. This will be continued for a period of time and will be discussed with you and your therapist in detail and is individual and specific to each patient.
  - You may bear weight as tolerated based on your pain level. You may use crutches for comfort, but they are not necessary.
  - You may put only partial weight on the operative extremity and must use crutches at all times. This is called "touch down" or "toe touch" weight bearing.
  - You must remain non-weightbearing and not put any weight on the operative extremity and must use crutches at all times.

Splint:

- If you have been placed in a splint to protect the leg, keep this splint clean, dry and in place until your follow-up visit in the office with Dr. Martin.

Physical Therapy:

- Appropriate physical therapy is critical to the success of your surgery and recovery and you should follow the following guidelines:
  - Begin physical therapy in 2-3 business days after surgery at designated facility. Take the attached physical therapy prescription with you to the physical therapist. It contains all the instructions for your therapist. If you have not been scheduled for physical therapy previously, ask Dr. Martin's staff for assistance to schedule this appointment when calling the office to schedule your follow-up appointment with Dr. Martin.
  - Outpatient physical therapy will be discussed and scheduled at your first follow-up appointment with Dr. Martin.

Concerns:

- Contact Dr. Martin's nurse at 602-631-3161 x107 if you experience any of the following:
  - Fever greater than 101.5 or chills
  - Excessive redness or drainage from the incisions
  - Pain, numbness, or tingling that is worsening and not managed with ice and medications

Follow-up appointment:

- Call the office at **602-631-3161** to schedule a follow-up appointment for:
  - 1-3 days     7-10 days     10-14 days     \_\_\_\_\_, / / 2016
- Dr. Martin will see you at the following office:  Any office     Phoenix     Chandler