

Advanced Foot and Ankle Center of San Diego

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Fellowship Trained Limb Lengthening/ Reconstruction

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SURGERY POST-OP INSTRUCTIONS

DAY 1

- Elevate foot on 5 pillows for 23 hours **ABOVE THE LEVEL OF YOUR HEART**
- Use crutches when walking to the bathroom. **DO NOT** put foot on the floor
- Use ice machine 3 times a day-if applicable
- Take two tablets of Percocet (Oxycodone) every 4 hours
- Some bleeding through the dressing may occur. This is normal
- Numbness is normal in the operated limb for up to 24-36 hours. If this persists
then contact the office at 888-451-3770- I can be emailed directly as well
- Do not get the dressing or wound wet
- Post-operative pyrexia or elevation in body temperature is normal for the first
48 hours.

DAYS 2-10/14

- Continue non-weight-bearing on foot using crutches but try and keep the

foot elevated at most times

- You may use heel or outside of foot walking around the house
 - You may return to work during this period if your work is not standing and permits you to have your foot elevated for long periods
 - Continue with pain medicine as necessary
 - You should use ice over the bandage for twenty minutes three times a day
- for 10 days

- Do not get the dressing or wound wet

DAYS 10-14

- Return to Dr. Wroslavsky's office
 - Removal of sutures + wound check
 - X-rays of foot
 - You may begin to put some weight on your foot as dictated on a case-by-case basis
- Expect the wound to look red and bloody! This is normal