

### 1. Splint Care:

Keep your splint clean & dry. Do not remove. Swelling is normal and may persist for several weeks. If the splint feels too tight, ice & elevate the leg to reduce swelling. If you have progressive pain or numbness in the foot, call the office.

### 2. Medication:

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

Take an aspirin 325mg once a day to help prevent blood clots unless you are already on a blood thinning medication.

### 3. Activity:

No weight bearing is allowed on the affected foot for the first 6 weeks. Any weight bearing initially even in the splint could result in a failure of the repair.

You may begin full weight bearing at 6-8 weeks.

### 4. General Instructions:

Apply ice to the splint over the foot (20min on /off) and elevate to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, drainage from the pin sites or fever  $>100.5^{\circ}$  F, call the office immediately.

If you develop any calf or thigh pain, increased swelling, chest pain or shortness of breath, call the office immediately or go to the ER as these are symptoms of a deep venous thrombosis (blood clot) in the leg.

**DO NOT SMOKE** – THIS INCREASES THE RISK OF INFECTION, WOUND AND FRACTURE HEALING COMPLICATIONS AND BLOOD CLOTS

### 5. Follow-up Appointment:

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

### 6. Other Instructions:

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*If you have any problems or concerns following surgery,  
please call our office at (616) 949-8945.*