

### **1. Dressing:**

Change your dressing 1-2 days after surgery, then as needed. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment.

### **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.

### **3. Activity:**

You may be flat foot or heel touch weight bearing following surgery for 2-6 weeks with crutches as needed. Wear a rigid soled shoe for protection of the big toe. It is important not to place stress on the great toe as this can cause the fracture to fail to heal or to displace. If walking causes pain, then you are placing too much stress on the fracture site. Activity will gradually be progressed as the foot heals. Full recovery often takes 8-12 weeks.

### **4. General Instructions:**

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

The screw (s) used to fix the fracture are not normally removed.

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.

### **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.*