

### 1. Cast Care:

Keep your cast clean & dry. Do not remove. The cast protects the amputation incision to prevent wound healing problems. If the cast feels too tight, ice & elevate the leg to reduce swelling. If you have progressive pain, 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 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:

Partial heel touch weight bearing only is allowed until the amputation has healed. Excess tension or pressure on the amputation site could result in a failure to heal or pulling apart of the incision. The cast will be removed in the office at 2 weeks to check the incision.

Normal activity and weight bearing may begin once the incision has completely healed usually between 4-6 weeks.

### 4. General Instructions:

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

If you notice any signs of infection such as increased pain, redness, wound drainage 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.*