

MILLENNIUM SURGERY CENTER

3850 San Dimas Street, Bakersfield, CA 93301 (661) 663-3700

PODIATRY/ORTHOPEDIC DISCHARGE INSTRUCTIONS

General, Spinal, Sedation or Local Anesthesia

- Do not drive or operate machinery for 24 hours or anytime narcotics are being used.
- No alcohol, tranquilizers, sleeping medication or non-prescribed medication for 24 hrs.
- Do not make important decisions or sign any important papers for 24 hours after surgery.
- Patients receiving General Anesthesia must have someone stay with them for 24 hours.
- Children may appear flushed for several hours after surgery.
- Nausea, vomiting, drowsiness or dizziness may occur after anesthesia.
- Periodic deep breathing & coughing while awake for the first 48 hours.

Activity

- We recommend you go directly home. Restrict your activities and rest for the day.
- Change your position slowly to prevent dizziness.
- Elevate your extremity on 1-2 pillows, preferably above the heart level.
- Apply ice for 30 minutes on and off for 24- 48 hours while awake.
- Do 10 quad set exercises every hour.
- Do not cross your legs, as this cuts off circulation to your legs and can cause swelling.
- For additional comfort, you can place a foot cradle, made from a cardboard box, at the foot of your bed.
This will protect your feet from the bedding.
- When sitting or lying for a prolonged period of time, bend the knee and rotate your foot at the ankle to increase circulation to your foot.
- Ambulate with assistance; full weight bearing.
- Flex your toes up and down ten times a day. Do not rotate your ankle.

Fluids and Diet

- Begin with clear liquids and lights foods. Progress diet as tolerated.
- Increase fluids and fiber to prevent constipation, which can occur when using pain medication.

Prescription(s)

Use as directed: _____

- Your prescription has been phoned to: _____
- You may resume your daily medications.
- Coumadin, Aspirin or any non-steroidal anti-inflammatory may be resumed one day after surgery.
- Other _____

Operative site

- Keep dressing dry and intact. Do not remove!
- Keep original dressing clean and dry. Ok to shower/bathe with plastic bag over operative site.
- Apply ice bag. To prevent dressing from getting wet, wrap ice bag with a towel. Blue ice bags are preferred.
- During your 1st checkup appointment, you will be notified when you can shower.
- Do not shower, even with a plastic bag over affected extremity. If the dressings become wet you could get an infection.
- You may remove the outer dressing and shower on _____

Ambulation

- Crutches with no weight bearing for _____ days/weeks
- Post op shoe when ambulatory.
- Weight bear as tolerated.
- Sling to affected extremity.
- Keep leg immobilizer on at all times.

Follow up care

Call Dr. _____ office at _____ to make an appointment.

Special Instructions

CALL YOUR SURGEON FOR ANY OF THE FOLLOWING PROBLEMS. AFTER OFFICE HOURS, YOUR PHYSICIAN CAN BE REACHED THROUGH THE ANSWERING SERVICE. IF YOU ARE HAVING PROBLEMS AND UNABLE TO REACH YOUR PHYSICIAN, GO DIRECTLY TO THE EMERGENCY ROOM.

- * Fever above 101 degrees
- * Increased redness, warmth, hardness around operative site
- * Excessive drainage from operative site
- * Swelling around operative site
- * Continued nausea/vomiting
- * Continued numbness/tingling
- * You bump or re-injure your extremity
- * Rash or itching after taking medication
- * Pain not relieved from medication
- * Excessive bleeding from operative site
- * Inability to urinate

INSTRUCTIONS RECEIVED BY _____

NURSE SIGNATURE _____ **DATE** _____