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POST-OPERATIVE INSTRUCTIONS

Foot Infection/Ulcers

Dr. Colten Luedke

MEDICATION

- **DO NOT** take any medication with Advil or ibuprofen for **two weeks** after surgery as this may impair graft healing.
- Resume all home medications unless otherwise instructed.

ELEVATE, ELEVATE, ELEVATE!!

- Elevate your leg above heart level as much as possible the first 72 hours. We understand that sometimes you need to travel which is safe after surgery. If you feel the ankle “throbbing”, it is due to swelling and you need to elevate the ankle as soon as possible. for several days if you are sitting to help with swelling.

WOUND CARE

- Only the wound care team and/or your surgeon may remove the bandages after surgery
- To shower or bath with your dressing still on, wrap the leg in a large plastic garbage bag with tape at both ends.
- **KEEP THE INCISION SITE DRY UNTIL WELL HEALED**
- **With diabetes it will take much longer for your surgical site to heal.**

SLEEP

- Nighttime will probably be the most uncomfortable time. If a sleeping aid is needed, try Benadryl 25 mg before bedtime.
- You should sleep with your leg elevated the first 3-4 days

COLD THERAPY

- Ice should be used for comfort and swelling. Use it at least 20 minutes at a time. Many patients use it an hour on then an hour off while awake for the first 2-3 days.

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- A simple bag of frozen peas may be used as an inexpensive ice pack. Buy several bags of peas, place in a gallon size zip-lock bag making them about an inch thick and removing as much air as possible. Return to freezer, lying flat after you have finished.

BRUISING

- The lower leg may become swollen and bruised, which is normal. This is from the fluid and blood from the knee moving down the leg and should resolve in 10- 14 days.
- If you experience severe calf pain and swelling, call the office immediately.

EMERGENCIES •

Contact your doctor or return to the ER if you notice any of the following:

- Uncontrolled nausea or vomiting
- reaction to medication
- inability to urinate
- fever greater than 101.5 (low grade fevers 1-2 days after surgery is normal)
- severe pain not relieved by pain medication/ice/elevation of leg
- redness or continued drainage around incisions (a small amount is normal for a few days)
- calf pain or severe swelling.
- **If you are having chest pain or difficulty breathing, call 911 or go to the closest emergency room.**

DRIVING

- You may drive when off all narcotics and have stopped using crutches.
- Consult with your physician before driving if your right foot/ankle is the affected side
- You must be able to brake firmly and comfortably.

If you have any questions, please do not hesitate to contact the office.

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