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### **Lower Extremity Post-op Instruction Sheet**

- 1) **IMPORTANT:** A responsible adult must accompany you home. We strongly recommend that you have a responsible adult stay with you for the first 24 hours after your surgery.
- 2) **ACTIVITY:** After general anesthesia, I.V. sedation, or certain nerve blocks, judgment and/or motor function may be impaired up to 24 hours, possibly longer. During this period; **DO NOT DRIVE** a car or drink alcoholic beverages. Do not return to **SPORTS ACTIVITIES** until cleared by Dr. Baxter. Please return home and rest and pamper yourself. Your activity level is influenced by your anesthetic. Usually normal daily activities may be resumed the day after. Move slowly the first day. After lying down, sit on the edge of the bed, if you do not experience dizziness, you may stand. Stand beside the bed for a moment before walking. Do not try to stand for a prolonged period the first couple of days.
- 3) **SURGERY SITE: KEEP THE DRESSING CLEAN AND DRY.** The surgery performed will determine how much drainage or bleeding to expect. Normally, one might anticipate spotting. If dressings or coverage becomes saturated, contact Dr. Baxter. Do not remove the bandage. If it feels too tight, you may loosen the ace wrap, if applicable. If you shower, cover the foot or ankle securely with a plastic bag. Swelling of the foot and toes is expected after surgery. Toes should be warm and pink. Elevate your leg on a pillow to help decrease swelling and discomfort. The first 24 hours you should elevate the foot above your heart as much as possible. Do not cross your legs. You need not use ice packs unless otherwise instructed.

\_\_\_\_\_ You may walk with full weight-bearing on the operated foot. Do not attempt long distances the first few days. Do wear the post op shoe.

\_\_\_\_\_ You are not to put the full weight on the operated foot. Use your crutches to put a “toe touch” amount of weight on the foot.

\_\_\_\_\_ Do not put any weight on the foot. Use your crutches at all times.

Notify Dr. Baxter immediately if the following occurs: A) oral temperature above 101 degrees, B) numbness or decreased sensation associated with severe swelling in the foot or leg. C) drainage that is pus-like or has a strong odor present.

- 4) **DISCOMFORT:** Dr. Baxter will advise you on what medications to take for discomfort. Take only the medication that Dr. Baxter has prescribed. If an unusual amount of discomfort is experienced, contact Dr. Baxter.
- 5) **NOURISHMENT:** You could have residual nausea or vomiting after you leave the hospital. We suggest that you drink liquids (cola, 7-up, tea, or apple juice) and progress your diet with bland solid foods, then to your regular diet as tolerated.
- 6) **FOLLOW UP APPOINTMENT:** Call the office to make a follow-up appointment. This is

not automatically done. Call the office and inform them you have been dismissed from the hospital, and you need to schedule your initial post-operative visit.

Do not drive a car while taking any pain medication!

Feet swell for an extended period of time after surgery. The worst of the swelling will be in the first two to three months. You may continue to have some intermittent swelling for up to twelve months after your surgery.

Generally, stitches will remain for 10 to 14 days after surgery. Usually, you will not be able to get your feet wet until the stitches are removed.

**IF YOU HAVE ANY QUESTIONS OR PROBLEMS REGARDING YOUR SURGERY OR CONDITION, PLEASE CONTACT DR. BAXTER. DR. BAXTER OR ONE OF HIS ASSOCIATES CAN ALWAYS BE REACHED BY PHONE. DIAL (713)799-2300 AND YOU WILL CONTACT EITHER THE OFFICE OR THE ANSWERING SERVICE. ANY DOUBTS QUESTIONS AND CONCERNS YOU MAY HAVE ABOUT YOUR SURGERY, PLEASE CONTACT THE OFFICE OR BRING THEM TO DR. BAXTER'S ATTENTION.**