

**Dr. Stephen R. Shively DO**

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Ankle Surgery Postoperative Instructions  
Dr. Stephen Shively

Diet

- You may resume your regular diet as soon as possible

Medication

- Take the pain medication as prescribed
- Take pain medication with food
- While taking pain medications, you may NOT operate a vehicle, heavy machinery, or appliances
- While taking pain medication, you may NOT drink alcoholic beverages
- If you have any reactions to your medications, stop taking them and call my office
- Please keep in mind that constipation is a very common side effect of taking narcotic pain medication. Take precautions to prevent constipation:
  - Drink plenty of water (6-8 glasses of 8 oz. a day)
  - Avoid alcohol, caffeine, and dairy products
  - Eat plenty of fiber (fruits, vegetables, and whole grains)
  - Take an over the counter stool softener (Colace or Dulcolax)

\_\_\_ If you are not allergic, take one aspirin 81mg twice a day to help prevent blood clots

Activity

- WEIGHT BEARING
  - \_\_\_ You may weight bear as tolerated
  - \_\_\_ You are partial weight bearing
  - \_\_\_ You are non-weight bearing

\_\_\_ You may use crutches/walker/rolling scooter for balance and ambulation

- **It is important to continuously ice and elevate your affected extremity to decrease swelling, especially in the first 72 hours after surgery.**
- **Do not apply ice directly to skin or allow water to leak on your dressing.**

Dressing Care / Showering

- Keep the dressing clean and dry.
- It is normal to get some bloody wound seepage through the bandages. DO NOT BE ALARMED.
- If the dressing gets soaked with wound seepage, please reinforce with a dry sterile dressing.
- You are in a splint. Please do not remove the splint. Keep the splint clean and dry.

Emergency/Follow-Up

- Please notify my office at 317-477-6683 if you develop any fever (101 deg or above), unexpected warmth, redness or swelling. Please call if your toes become cold, purple, numb, or there is excessive bleeding.
- Please call the office within 24 hours at 317-477-6683 to schedule a follow up appt within 7-10 days from surgery.
- No pain medications refills can be provided after 3pm on Fridays or over the weekend.

**I have read and understand the above discharge instructions.**

\_\_\_\_\_  
**Patient or Responsible Party**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**RN**