

**HOME CARE INSTRUCTIONS FOLLOWING
LOWER EXTREMITY SURGERY**

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Date: _____

ACTIVITY

1. Lower Extremity: Crutches may be recommended for ambulation. Use crutches for _____ days with:
 full partial no
weight on your leg.

SURGICAL SITE CARE

1. Keep dressing clean and dry. Remove dressing in _____ days and apply new dressing or bandaids.
2. DO NOT REMOVE dressing. Keep clean and dry. may use plastic bag to cover for showering.
3. You may shower after your dressing is removed. Bathing or soaking should be delayed for at least a week or until ok'd by your doctor. Leave steristrips on, they usually fall off in 5-7 days.
- 4.
- 5.

3. You may need to use prescription pain medication regularly at first and then only as needed. If pain medication does not keep you comfortable, contact your doctor. If **nausea occurs**, take food in 1/2 hour prior to taking medication. If **nausea persists or rash occurs, STOP** taking medication and call your doctor.
4. For milder discomfort, use over-the-counter pain medication.
- 5.

MEDICATION

1. New medications:

2. Last dose of pain medication:

COMFORT

1. You may use ice to the affected area for 24-48 hours to reduce swelling and discomfort.
2. Keep extremity elevated as much as possible for 24-48 hours.

DIET

Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If **vomiting** persists, call your doctor.





Wausau, WI

715.847.2121 ~ 800.283.2881

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SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic.
 - 12 hours after receiving sedation.
 - While taking prescription pain medication.
2. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways. Children should not ride bicycles or ride-on toys.
 - b. No alcoholic beverages today.
 - c. Postpone signing any important papers or making any important decisions.
3. Remove scatter/throw rugs while using crutches.
4. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

WHO TO CALL

DR.

PHONE:

AFTER HOURS:

Aspirus Day Surgery Plus:

Phone: 847-2907

Open 6:00 a.m. - 7:00 p.m. (Monday - Friday)

RETURN APPOINTMENT

DR:

DATE/TIME:

WHEN TO CALL

If any of the following symptoms occur: SEVERE PAIN, REDNESS OR INCREASING DRAINAGE AT SURGICAL SITE, SWELLING OF LEG, FEVER (101° OR ABOVE), IMPAIRED CIRCULATION (i.e., numbness, coolness, grey/blue color), PERSISTENT NAUSEA AND VOMITING, RASH OR ANY CONCERN ABOUT YOUR RECOVERY.

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time