

Dr. Morris's Discharge Instructions: LOWER EXTREMITY



After Anesthesia: Rest today, it is not unusual to feel sleepy or tired for a day or so after your surgery. No strenuous activity. Limit walking to just between rooms (bathroom, kitchen, bedroom). You may feel a sore or "scratchy" throat after general anesthesia. This will go away in a day or two. A low-grade fever is common after any surgery with general anesthesia and is rarely due to infection. Resume taking prescription medications, unless your doctor instructs you otherwise. Resume eating normally. Start with gentle, soft foods; avoid greasy or spicy foods which may cause nausea. Drink plenty of fluids during the next 24 hours.



Dressing and Wound Care: No pools, hot tubs, or ocean for a few weeks after surgery and your wounds are completely healed and your doctor tells you it is okay.

- ☐ DO NOT remove dressing until your next appointment. Keep dressing/bandages clean and dry. Sponge bathe or cover with a plastic bag to shower.
- ☐ Okay to remove dressing in _____ days. Wash hands prior to dressing change. Clean incision with alcohol, place smear of antibiotic ointment over incision site and cover with gauze. Continue to do this dressing change process once daily.



Up to Walk with: ☐ Crutches ☐ Walker ☐ Knee Scooter ☐ None ☐ _____

- ☐ Do NOT put any weight on your post-operative leg.
- ☐ Okay to put PARTIAL weight on your post-operative leg, use TOE / HEEL only to touch the ground.
- ☐ Can put FULL weight on your post-operative leg.



Medical Equipment: ☐ Shoe ☐ Boot ☐ None

- ☐ Wear shoe / boot at ALL TIMES for _____ days / weeks
- ☐ May remove post-op shoe / boot at rest (sitting) / to sleep ONLY



Activity: Avoid standing for long periods of time. Resume activities as tolerated. Return to work as instructed.

- ☐ NO DRIVING for _____ days / weeks
- ☐ Driving As tolerated wearing: ☐ Regular shoe ☐ FLAT black shoe only (no wedge)



Elevate: Your foot with 4-5 pillows as much as possible when resting for the next 5-7 days. This will help minimize pain and swelling. Place pillows under foot, calf or ankle; not directly behind the knee. Aching throbbing, thumping is a strong indicator that your foot needs to be elevated.



Circulation: If you had toe surgery, it is important that you check the circulation to the toes frequently. Pressing lightly on the toe, the color of the toe changes and gets a little pale (blanches). When your release the pressure on the toe, it should return to a more normal color (this is called capillary refill).

Toes must not be dusky, pale or blue. If so, contact the office immediately.



Pain: Our goal is to make you as comfortable as possible, however, you may still experience some pain. Take your prescribed pain medication as the nerve block begins to wear off (when you notice tingling or regain sensation). Follow instructions on the label and use as directed. Most pain typically resolves after the 2nd day after surgery. After your pain begins to diminish, taper off your medication by taking fewer pills or taking them less often.



DO NOT drink alcohol or use marijuana when taking prescribed opioid pain medications.
DO NOT drive until you are OFF prescription opioid pain medications.

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Nausea / Constipation: Anesthesia and pain medications can cause nausea and/or constipation. Take prescription pain medicine with food to reduce nausea. You may be given a prescription for Ondansetron (Zofran) to take for nausea, if needed. If you develop constipation, try to discontinue opioid medications (e.g. Tramadol, Oxycodone, Percocet, etc.) as able and take over the counter stool softeners (e.g. Senna, Dulcolax, Miralax, etc.) with plenty of fluids and high fiber foods.



Medication Refills: Don't wait too long to call for new prescriptions of pain medication. The prescriptions cannot be called or faxed to your pharmacy. If you will need a refill in 3-4 days call our office, we will coordinate to either mail you the prescription or you will need to have someone to pick up the prescription at our office.



Ice: Once the nerve block has worn off and sensation has returned, you can apply an ice bag for 20 minutes at a time. This can help reduce pain and swelling. Apply a light towel over the skin to avoid burns and keep the area dry. Place the ice bag to the top of the foot or behind the knee.



Itching / Rash: If you develop MILD itching or rash, take over-the-counter allergy medicine such as Benadryl, Claritin, or Allerest. If you have a SEVERE reaction or any difficulty breathing, call 911 or go to the nearest emergency facility.



Call the Doctor's Office if you experience any of the following:

- Fever is above 101.5°F and/or chills.
- Nausea or throwing up to where you can't keep food/ liquids/ medication down.
- Unable to pee or "shi-shi" for 24 hours.
- A lot of pain, even with medication.
- A lot of swelling around the surgery site, persistent numbness, dark or pale color in toes
- Pus type drainage, or excessive bleeding through the dressing.
- Leg/calf pain, swelling, redness or tenderness.



Dr. Morris's office @ 808-532-3338 Monday-Friday 8am-4:30pm
24/7 Physicians Exchange after hours @ 808-524-2575



If you need IMMEDIATE ATTENTION (such as difficulty breathing)
Call 911 or go to the NEAREST EMERGENCY ROOM



Follow Up: A nurse from MIS Hawaii will be giving you a post-operative follow-up call within a few days. If you have additional questions, please call your doctor listed above.

Your follow up appointment is scheduled for:

As scheduled, if you have not made one, please call 532-3338



The discharge instructions were explained to me and I have received a copy of these instructions. I understand these instructions are necessary for continuing medical care after I (the patient) leave MIS Hawaii.

Patient or Authorized Person Signature

Nurse Signature

Date/Time