



Foot or Ankle Surgery

*What to expect after your operation –
Dr. Nancy Kadel*

Symptoms to report to the doctor:

- Fever greater than 100°F
- Pain not controlled by pain medication
- Consistent bright red bleeding that soaks your dressing
- Signs of infection at the incision site such as redness, swelling, warmth, or foul-smelling drainage
- Problems tolerating the pain medication, such as nausea and vomiting, rash or itching, or difficulty urinating
- Blue, cold or numb toes (may indicate that there is swelling under the dressing with inadequate circulation to the foot or toes)

Activity

- Keep your foot elevated higher than your heart as much as possible.
- Elevate your foot at night using several pillows.
- You can shower, but you must keep your dressing dry. (Cover with plastic wrap.)
- Check toes often. They should be about the same color and temperature as your other foot.
- Follow the checked instructions for bearing weight:
 - Do not bear weight on your foot. Use the crutches.
 - Toe-touch weight bearing.
 - Weight bear on heel only.
 - Weight bear as tolerated.

Dressing

- Do not remove dressing. It will be changed at your first clinic visit.
- Wear your cast shoe or boot at all times, even when in bed at night.

Questions ?

Call 206-598-4288

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

Bone and Joint Clinic
206-598-4288
Monday-Friday
8:30 a.m.-5:00 p.m.

After hours, call 206-598-6190 and ask the operator to page the resident on-call for the Orthopaedic Service.

Medications

- Pain medication: _____

Follow-Up Appointment

Bone and Joint Clinic at UWMC Roosevelt
4245 Roosevelt Way N.E.
Phone: 206-598-4288

Date: _____ Time: _____

Notes:

- Severe reactions to medications such as difficulty breathing, hives, or excessive bleeding from the surgical site may require that you receive help right away. Call 911 or seek help at your local emergency room.

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Pavilion Surgery Center

Box 356118

1959 N.E. Pacific St. Seattle, WA 98195