Dr. Yousef Nafal, DPM
FOOT & ANKLE SURGEON

Questions? Call
(734) 667-3714

AFTER SURGERY

After foot or ankle surgery

For the first 3 days, rest and keep your foot raised above your heart. Keep your bandage clean, dry and on.

Keep it raised

- Raise your foot **above your heart**: lie down with pillows under your calf.
- Do this most of the day for the first 3 to 5 days.
- Keep pressure off your heel by letting it hang just past the pillow.

Ice for swelling

- Put an ice pack **behind your knee** or over the bandage, with a towel between.
- 20 minutes on, then at least 20 minutes off.
- Never let the bandage get wet.

Pain medicine

- Take it **as prescribed**. Don't wait for pain to get bad.
- If you had a numbing block, take your medicine before it wears off (often 12 to 24 hours).
- No driving or alcohol while taking opioid pain medicine.

Bandage, splint or cast

- Leave it on until your follow-up visit.
- Keep it dry: use a cast cover or take a sponge bath.
- A small spot of blood on the bandage can be normal.

Your weight-bearing plan (Dr. Nafal will check one)

☐ No weight on this foot ☐ Heel only, in surgical shoe ☐ As comfortable, in walking boot

☐ Other: _____

⚠ Call us right away if you have

- Fever over 101°F or chills
- Bleeding that soaks through the bandage
- Pain that your medicine doesn't help
- Toes that stay pale, blue, cold or numb after you raise your foot
- Pus, a bad smell or spreading redness
- New pain, swelling or warmth in your calf

Call 911 for chest pain, trouble breathing or coughing up blood.

What to expect

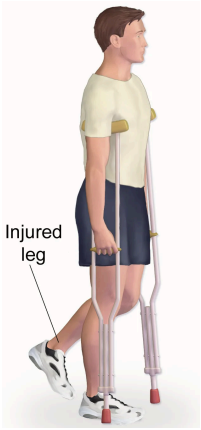
First 3 days
Rest, raise and ice. Pain and swelling are usually worst now.

1 to 2 weeks
First follow-up visit. Dr. Nafal checks the incision and may change the bandage or remove stitches.

2 to 6 weeks
Slowly do more, only as Dr. Nafal allows. Many patients move into a boot or surgical shoe.

Months
Some swelling can last 6 to 12 months. This is normal.

Everyone heals at a different pace. Your plan may be different.



Crutches, a walker or a knee scooter keep weight off your foot.

Illustration: BruceBlaus, CC BY-SA 4.0

Getting around safely

- Use your crutches, walker or knee scooter every time you get up.
- Have it at home **before** surgery day and practice.
- Clear walkways and remove loose rugs.
- Sit on a chair or the edge of the bed to dress and to bathe.
- No driving until Dr. Nafal says it's safe.

Prevent blood clots

- Wiggle your toes and bend your knee often.
- Move your other ankle up and down 10 times every hour you're awake.
- Take your blood thinner if one was prescribed.

Help your body heal

- Don't smoke or vape. Nicotine slows bone and wound healing.
- Drink plenty of water and eat protein, fruit and fiber.
- Pain medicine can cause constipation. Ask about a stool softener.

Your follow-up visit

Date: _____ Time: _____ ☐ Canton ☐ Troy