



The Centers for Advanced Orthopaedics
Maryland Orthopedic Specialists

Post-Op Patient Instructions
Dr. Feldman, DPM, FACFAS

1. Medications: Given in office Given day of surgery

	Medication	Dose	Frequency	Duration
<input type="checkbox"/>	ibuprofen	400-600 mg	3 x Daily - with meals	7 Days
<input type="checkbox"/>	hydrocodone/acetaminophen	7.5/325mg	1-2 tabs every 6-8 hours as needed for pain	As needed
<input type="checkbox"/>	oxycodone/acetaminophen	7.5/325	1-2 tabs every 6-8 hours as needed for pain	As needed

2. DVT Prophylaxis

	Medication	Dose	Frequency	Duration
<input type="checkbox"/>	No medication required. Early ambulation recommended and SCD's used during the surgical procedure			
<input type="checkbox"/>	aspirin	81 mg	1 tab daily for prevention of blood clots	3 weeks
<input type="checkbox"/>	rivaroxaban (Xarelto)	10 mg	1 tab daily for 12 days for prevention of blood clots	12 days

- Do not take acetaminophen in addition to oxycodone/acetaminophen or hydrocodone/acetaminophen.

3. Weight Bearing

- NO WEIGHT BEARING** Partial weight-bearing As tolerated wearing brace As tolerated
- Please use crutches or other assistive ambulatory device as directed. This is mandatory for all patients who are non- weight bearing.

4. Brace, Splint, Boot Care:

- Wear surgical shoe or boot at all times except when you are in bed
- Splint or cast applied: **DO NOT REMOVE** the splint or cast. Keep clean and dry until your follow-up appointment.
- No brace or splint applied. Follow-instructions below for dressing care.

5. Dressing or Bandage Care:

- Keep dressing clean and dry; do not change surgical dressings unless instructed to do so.

6. Ice and Elevation

- Please place ice on top of the dressing for 35-45 minutes, 3-4 times per day. Continue for 3-5 days. Prepare ice in a waterproof bag. **DO NOT** place ice bag directly against skin.
- Elevate the leg on 2 pillows placed **under the foot** (not under knee). Continue this as often as possible for the first 72 hours to prevent blood clots.
- Continue to ice after 72 hours 3 times per day

7. Drainage:

A small amount of drainage including blood from a surgical incision is normal and expected. If you note excessive drainage or bleeding, elevate the foot and contact Dr. Feldman's office right away.

8. Follow-Up:

Please schedule a follow-up appointment in 5-7 days. Office phone number: 301-515-0900. If you have post-op questions or concerns please contact Joanna Lanier at 240-912-2389.

The patient has received and understands these post-op instructions:

_____ (signature)