

DAY OF SURGERY:

1. When you get to the recovery room, pillows will be placed under your lower leg. This will help keep the swelling down. This will be a **CRITICAL** time in your recovery and when you get home you **MUST KEEP YOUR FOOT ELEVATED ABOVE THE LEVEL OF YOUR HEART** for 10 days. You may get up to eat and use the bathroom. You must use crutches and cannot put any weight on your foot.
2. Pain medication and an anti-inflammatory will be prescribed following surgery. Use the pain medication **ONLY** as needed. Take the anti-inflammatory as it helps reduce swelling and pain.

DAY 1 AND UNTIL POSTOPERATIVE VISIT:

1. **KEEP YOUR FOOT ELEVATED ABOVE THE LEVEL OF YOUR HEART.**
2. Tighten your thigh muscle and begin doing leg lifts to keep your muscles stimulated to prevent atrophy.
3. You may shower, but you must cover the cast completely with a plastic bag or cast protector.
4. Call the office to make your first postoperative appointment for 1 week after your surgery. When you arrive, your wound will be examined and your cast will be changed. Suture removal is generally performed 2 weeks after surgery.
5. Physical therapy generally will start after your second postoperative visit, once a removable cast has been applied.