

Foot, ankle or tibia surgery

Activities

- You should limit your activities in the three days following your surgery.
 - Avoid physical activity and do not lift heavy objects or exercise for 7 to 10 days after your surgery.
- Keep your leg elevated, if possible, for 24 hours after your surgery.
- Put some ice on for 20 minutes, every hour, for 48 hours, and then as needed.
- You can put ___ % of your body weight on your foot. That's ___ lb, or ___ kg.

Dressing

- Keep your dressing clean and dry.
- You may remove the elastic bandage and dressing 72 hours after your surgery.
 - If small white bandages (Steri-Strip) were applied on the incision, leave them in place. You may remove them 7 days after your surgery.

Shower

- You may take a shower if a waterproof dressing was applied.
 - If this is not the case, wait until you remove your dressing (72 hours after your surgery) to take a shower.
 - After your shower, gently pat the incision (instead of rubbing) with a towel until dry.
- Avoid soaking the incision in water for the 3 weeks following your surgery. Also avoid bathing, swimming (lakes, pools or whirlpools) and saunas.

Medication

- You can take medication such as acetaminophen (Tylenol®) or ibuprofen (Advil®) to control pain as required.
- Anti-inflammatory drugs are generally safe, unless they are contraindicated in your case, or if we're trying to heal (fuse) your bones together.
- If other medication were prescribed, take them as indicated by your doctor.

Side effects

- You may experience itchiness as the incision heals. This is normal.
- You may observe a contusion (bruise) around the incision. This is normal.
- Minor bleeding may occur. It is normal to find small amounts of blood on the dressing.

Consult your doctor immediately if:

- you experience significant bleeding of the incision;
- you have pain around the incision;
- you have a fever.

Your healthcare team is available to answer your questions. Do not hesitate to discuss details about the procedure, your health, or your return home.

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