

### **1. Splint Care:**

Keep your splint clean & dry. Do not remove. Swelling is normal and may persist for several weeks. If the splint feels too tight, ice & elevate the leg to reduce swelling. If you have progressive pain or numbness in the foot, call the office.

### **2. Medication:**

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

Take an aspirin 325mg once a day to help prevent blood clots unless you are already on a blood thinning medication.

### **3. Activity:**

You may be non-weight bearing or limited heel touch following surgery for 2-6 weeks. It is important not to place too much weight on the foot as this can cause a failure of the repair. Activity will gradually be progressed as the foot heals. Full recovery often takes 2-3 months.

### **4. General Instructions:**

Apply ice to the splint over the foot (20min on /off) and elevate to reduce pain & swelling.

The pins will be removed in the office in 4-6 weeks.

If you notice any signs of infection such as increased pain, redness, drainage from the pin sites or fever  $>100.5^{\circ}$  F, call the office immediately.

If you develop any calf or thigh pain, increased swelling, chest pain or shortness of breath, call the office immediately or go to the ER as these are symptoms of a deep venous thrombosis (blood clot) in the leg.

### **5. Follow-up Appointment:**

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

### **6. Other Instructions:**

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*If you have any problems or concerns following surgery,  
please call our office at (616) 949-8945.*