



THE ORTHOPEDIC PARTNERS

AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

## Post-op Instructions: Leg, Foot & Ankle

(These apply to the following conditions)

- Knee: Tibial tubercle fractures, Patella sleeve fractures, Distal femur or Proximal tibia fractures
  - Tibia fractures: s/p ORIF (plate and screws or intramedullary nails)
  - Tibia osteotomy
  - Tibialis Anterior tendon transfer
  - Kidner procedure (Accessory navicular excision); Flatfoot surgery with osteotomy
  - Ankle and foot fracture treatment: pins, plates & screws
  - Gastrocnemius fascial lengthening, Achilles lengthening
1. Following surgery, your child will be in a splint or cast:
    - a. If there is a splint: do NOT remove it or allow it to get wet! The underlying incisions, hardware (i.e. pins), need to stay clean and dry!
    - b. If there is a CAST: Keep it clean and dry!
      - i. If the cast is split, aka bi-valved, this is done to allow for swelling to occur. If the cast feels tight, First elevate the leg (above the level of the heart). If this doesn't help enough, remove the Coban (stretchy material, or ACE wrap), and open the bivalved areas. Please do not take any part of the cast off!! Re-use or re-wrap the coban or ACE bandage so the cast doesn't fall apart or lose its support, once you've spread it open a little further.
    - c. Do NOT Stick anything in the cast or splint, no matter what!
  2. Weight bearing instructions:
    - a. More than likely, your child will not be allowed to bear weight on their leg= **non weight bearing!** Do not stand on or step on the cast. No walking on the affected leg/foot!
    - b. If your doctor explained that your child **could** walk on the cast, **a cast shoe will be provided, to be worn over the cast.** (This is weight bearing as tolerated!)
  3. Pain Control:
    - Ibuprofen is recommended to be taken every 6 hours after surgery, and Tylenol every 4 hours, unless there is a specific reason not to take these medications.
    - Narcotics, including oxycodone, are only taken *if needed*. Please schedule the Ibuprofen and Tylenol for the first few days following surgery, as this will lessen any narcotic medicine that is needed.
    - Valium (Diazepam) *may* also be prescribed for muscle spasms. Please use this if you see jerking or spasms, which most often occur in the first 2-3 days after the cast is applied. The medicine can be taken every 6 hrs. It will cause drowsiness. It should not be required after 7 days.

RICE therapy is always advocated:

- Rest
- Ice – every 20 min or so
- Compression – to decrease swelling.
- Elevate – if possible, above the level of your heart