

## Lower Extremity – Patient Information

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# RUSSELL M. LAFRANCE MD

Orthopedic Surgeon & Sports Medicine

### ACTIVITY:

- No weight bearing on your leg
- Use ice over your ankle 3-4 times per day for 20 minutes at a time
- Keep your leg elevated above your heart as much as possible for the first 1-2 weeks
- Wear the TED stocking on your other leg

### DIET:

- Start with liquids and advance your diet as tolerated.

### Medication:

- Take the prescription pain medicine (Norco/Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- You can use NSAIDs (ibuprofen/Advil/Aleve) in addition to the narcotic pain medication
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.
- You should take an Aspirin 325 mg daily for 10 days to prevent blood clots

### DRESSING:

- Keep your dressing/splint clean and dry and do not remove this until you are seen in the office by Dr. LaFrance
- You may sponge bathe
- Continue to wear the TED stockings until you are seen in follow-up

### SPECIAL INSTRUCTIONS:

- Once you are off pain medications, you may drive if your LEFT knee was operated on.

### YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever greater than 101.5° F
- Redness, warmth in the leg, knee, or calf
- Foul smelling drainage from the incision

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- Pain uncontrolled with pain medication as prescribed by your doctor
- Persistent nausea or vomiting into the next day
- Increased swelling of your toes or severe tightness of bandage

### **FOLLOW-UP CARE:**

- Your postoperative appointment 1-2 weeks after surgery will have been made for you when surgery was set up.