

**Dr. Logel**

Clinical Assistant: 919-781-5600 ext.5038

During Surgery Center Business Hours: 919-719-3070 press option 2

Prescription Refill: 919-781-5600 ext. 5605

Postop Hotline: 919-719-3079 after 6pm leave a message for the on-call provider

**Post-op discharge instructions:**

Heel Weight Bearing only (no splint)

Ice and elevate for 3-4 days then as needed.

Begin taking Aspirin 81mg twice daily times 4 weeks. Start taking post-operative day #1 after surgery for blood clot prevention.

Showering: Keep dressing/splint on and dry until post-operative appointment unless otherwise directed. You may use a waterproof cast bag (from your local pharmacy), trash bag, or take sponge bath.

Reinforce your dressing as needed if minimal bloody drainage is noted. If bandages are soaked through after 24 hrs please contact the office for further instruction.

You may take NSAIDs as directed (Ibuprofen/Naproxen) post operatively starting post op day #1.

Heel weight bearing only in post-operative shoe on operative extremity. You will need crutches or a walker for support.

Right foot/ankle surgery-no driving until post-operative appointment.

Left foot/ankle surgery-may drive 24 hours after anesthesia if off pain medication and you feel safe to drive.