

**Dr. Logel**

Clinical Assistant: 919-781-5600 ext. 5038

During Surgery Business Hours: 919-719-3070 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:**

Non-Weight Bearing (splint)

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

Begin Aspirin 81mg twice daily for 4 weeks or Eliquis twice daily for 3 weeks depending on which your provider discussed. Begin taking post-operative day #1 after surgery for blood clot prevention unless otherwise directed.

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

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

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

You may NOT take NSAIDS (Ibuprofen/Naproxen) if you are taking Eliquis.

Non-weight bearing on operative extremity (may move around with crutches, walker, or knee scooter just do not put any weight on the operative extremity).

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

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