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Post Operative Tips for Dr. Logel's patients:

- Foot and ankle surgery may be performed with a peripheral nerve block in addition to sedation or general anesthesia. The nerve block will provide extended pain relief to the surgical site for up to 24 hours after the procedure in many cases. When the nerve block expires, you will feel the toes tingling and then the entire limb will "awaken" within an hour. To prepare for this, follow the recovery room nursing instructions and begin taking your pain medications BEFORE the block has worn off.
- Pain and swelling in the foot and ankle can be amplified because of the dependent nature of the foot and the significant innervation of the area. Prepare to keep your foot elevated to at least the heart level for the first 3-4 days after surgery.
- If the back of your heel becomes uncomfortable in the splint, you may "float" the heel by placing pillows under your calf to elevate the foot and leave the back of the heel "floating" – this removes pressure from the back of your heel and is especially helpful for Achilles tendon or heel surgery
- Applying ice to the surgical sites for the first 3-4 days after surgery is helpful to reduce swelling and pain. If you have had a peripheral nerve block, be careful not to place ice or any cooling pad directly on your bare skin as it may cause frostbite.
- If you feel up to it, you may shower after surgery but you will need to keep your dressings/splint dry at all times. Many retail pharmacies sell specific "cast" covers for this purpose. You may also devise your own with a plastic bag and duct tape to seal it. Another alternative is a sponge bath.
- Do not be alarmed if your toes/foot turns a dark red or purple color when you have it hanging below your heart for an extended period of time. This is typically due to venous blood filling the foot and should return to normal color if you elevate the foot. If it does not return to a normal color within 5-10 minutes after elevation, contact the office for further instruction.