

Post Operative Pain Medication Instructions

You are given three pain medications for your post operative pain management.

1. Benadryl (Diphenhydramine) 25 mg caps. This is an anti-histamine that prevents and controls swelling. Take every 6 hours
 2. Toradol (Ketorolac) 10 mg tabs. This is a strong ibuprofen that helps with pain and swelling. Take every 6 hours
 3. Norco (Hydrocodone + Acetaminophen) 5/325 mg tabs. This is an opioid drug, a highly addictive drug that helps with pain. Take every 6 hours
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- Anesthesia wears out between eight to 16 hours after the surgery. In order to get ahead of your swelling, you are advised to take Benadryl (Diphenhydramine) 25 mg and Toradol (Ketorolac) 10 mg together 2 hours after the surgery.
 - When you start to feel pain 8 hours post operation, take another round of Benadryl and Toradol. Norco (Hydrocodone + Acetaminophen) should be taken only if Benadryl and Toradol does not manage your pain we".
 - Keep in mind, icing and elevating your foot is the best pain management.

Amol Saxena Post-Operative Protocols:

All post-ops should ice BID w ice/water (no gel packs) x15' (can be above the dressing & behind the knee) until they forget which foot had surgery

Post-op Pain Meds typically Norco (5/325) #20 1 PO 4-6h (check if refill may be needed) and Toradol (10mg PO) 1 PO Q 6h, no refills. OTC Benadryl 25 mg up to QID can help pain meds work better. Alternative pain RX is Ultracet #20 1 PO Q6h. Rare to give Percocet (5/325).

Note: if pain meds not working & foot feels better hanging down, dressing is too tight. They can cut the dressing/Ace wrap straight up the middle down to one layer of gauze, stay in boot.

Hardware Removal

Post-op Timing	Protocol
Immediate	WB OK unless plantar incision, then NWB 2 wks. OK to use a post-op shoe, Ice
2-5 days	Patient can remove dressing and cover with waterproof band-aid, WB in post-op shoe or sneaker
2 weeks	Suture removal (unless plantar incision, then 3 wks), Give PT Rx PRN, cont w ice, ROM
12	
	F/u eval cont w ice PRN

Ankle Fracture ORIF

Post-op Timing	Protocol
Immediate	NWB in posterior short leg splint/BKBoot w/ crutches or knee scooter
2-5 days	Wound check, 1st-op NonWB X-ray, BK cast usually neutral

2 weeks	Cast/Suture removal Can do BK boot instead of cast and can start early ROM While remaining NWB depending on frx Give PT Rx, cont w ice, start ankle ROM
6 weeks	X-rays 3 views WB ankle Start PT if needed Transition to WN w brace or cont w BK boot, ice
10-12 weeks	X-rays WB ankle PRN (check w Dr) Transition to brace and shoes, cont w ice
F/u a ain @ 16 & 26 wks	

Tarsometatarsal Midfoot Arthrodesis (TMTJ)

Post-op Timin	Protocol
Immediate	NWB in posterior splint/Boot w/ crutches or knee scooter
2-5 days	Wound check, post-op X-rays, BK cast at neutral unless other NWB foot X-rays
2 weeks	Cast, Suture removal SLC x3 weeks or boot F/U 5-6, ice
6weeks	SLC removal, transition into WB in cam walker boot X- ray . WB foot, PT Rx with "no mob of midfoot"
10 weeks	X-ray WB foot May transition to regular shoes if doing well
4 months — 1 year	May need arch support/ orthoses. Assess pain and ROM, AOFAS score

Ankle Arthrodesis

Post-o Timin	Protocol
Immediate	NWB in SLC or cam boot
2-5 days	Ankle X-rays, NWB Wound check SLC/BK x 2 weeks or NWB boot with crutches or knee scooter
2 weeks	Ankle NWB X-rays if not taken already SLC x2 weeks Suture removal
6 weeks	x-ray WB Increase to FWB 6-12 weeks in cam walker boot
10 weeks	X-ray ankle WB BK boot with gradual transition to ankle brace over 2-6 wks Physical therapy
4 months	X-ray ankle WB Transition out of ankle brace
6 months— 1 ear	WB XRs, AOFAS scores

Ankle Allograft/Bone graft transplant (note, often combined with Tibia' or Fibular osteotomy

Post-op Timing	Protocol
Immediate	NWB in SLC or cam boot
2-5 days	Ankle X-rays, NWB Wound check SLC/BKx 2 weeks or NWB boot with crutches or knee scooter
2 weeks	Ankle NWB X-rays if not taken already SLC x2 weeks Suture removal
6 weeks	X-ray WB Increase to FWB 6-12 weeks in cam walker boot
10 weeks	X-ray ankle WB BK boot with gradual transition to ankle brace over 2 6 wks Physical therapy
4 months	X-ray ankle WB Transition out of ankle brace
6 months—1 ear	WB XRs, AOFAS scores

Anterior Tibialis Tendon Repair

Post-op Timing	Protocol
Immediate	NWB in BK boot w forefoot dorsiflexed with crutches or knee scooter
2-5 days	Wound check, X-rays if needed, BK cast w foot dorsiflexed above & inverted
3 weeks	Suture removal BK boot/cast w foot Dorsiflexion & inversion, give Rx for PT
5-6weeks	SLC removal Transition to FWB status in cam walker boot Instruction: encourage ankle ROM exercises F/U 3 weeks Start PT at postop week 8 w no planta flexion beyond 90 degrees
8-10 weeks	Wean out of boot, Start PT. ASO ankle brace
4 months	
Recovery Overview: No excessive stretching until 12+ weeks post-o	

Tibialis Posterior Reconstruction and Calcaneal Osteotomy/Evans Calcaneal osteotomy/Calcaneal slide osteotomy/Cotton Osteotomy

Post-o Timing	Protocol
Immediate	NWB in posterior splint or cam boot with crutches and knee scooter
2-5 days	Wound check Post-op X-rays — NWB and calcaneal axial SLC/BK cast 3 weeks
3+ weeks	Sutures out, SLC exchange

5-6 weeks	SLC removal, transition into cam walker boot WB PT if needed
10 weeks	X-rays WB and calcaneal axial Progress to WB in out of boot
12 weeks	Transition to ankle brace
	Officially start PT
4 mos	f/u no XR
6 months—1 ear	AOFAS scores

Ankle Arthroscopy with Microfracture/Retrograde drilling

Post-op Timing	Protocol
Immediate	NWB in splint or boot with crutches or knee scooter,
2-5 days	Wound check Post-op Ankle X-rays NWB SLC/BK x3 weeks 3 weeks for SLC and suture removal
3 weeks	Cast/Suture removal Transition to FWB
6+weeks	Wean out of boot, Transition to ankle brace Start PT
20-35+ wks	& return to sports w brace & arch support/orthoses
1 year	Final post-op visit. Assess pain and ROM. AOFAS scores
Recovery Overview: 3 weeks NWB boot or cast, 6-10 weeks in boot	

Kidner Procedure (Accessory Navicular Excision)

Post-op Timing	Protocol
Immediate	NWB in splint or boot with crutches or knee scooter, foot inverted
2-5 days	Wound check Post-op X-rays NWB, include "Navicular" view SLC/BK x3 weeks w foot inverted/supinated F/u 3 weeks for SLC and suture removal
3 weeks	Cast/Suture removal Transition to FWB boot w arch support x3+ more weeks, PT RX
6+weeks	Wean out of boot, Transition to ankle brace start PT
12+ wks	Flu & return to sports w brace & arch support/orthoses
1 year	Final post-op visit. Assess pain and ROM. AOFAS scores
Recovery Overview: 3 weeks NWB boot or cast, 6 weeks in boot	

1st Metatarsal Bunionectomy with Screw Fixation (Bunionectomy) (Austin, Akin) NOTE: For Ludloff, add 1 wk of NWB (3wks) & BK Boot (6wks)

Post-op Timing	Protocol
Immediate	Soft dressing with splinted hallux, Partial WB to heel in surgical shoe (Akin alone) or NWB in short boot

2-5 days	Wound check Post-o foot x-rays NWB
2 weeks	Suture removal Give Rx for PT to start after 6 wks but can do ankle & toe ROM WB in Boot for Austin(Chevron) & post-op shoe for Akin alone
f/u5- 6 weeks	x-ray, WB foot Start PT
3 months	Pain and ROM assessment Flu 2 months

Subtalar Arthrodesis, Talo-Navicular Arthrodesis, Tibiotalar Arthrodesis, Triple Arthrodesis:

Post-op Timing	Protocol
Immediate	NWB in posterior splint or cam boot with crutches or knee scooter
2-5 days	Wound check X-rays NWB foot/ankle Apply SLC x3 weeks
3 weeks	Cast/Suture removal SLC F/U: 3 weeks w/ SLC then get X-rays
5-6 weeks	X-ray: NWB foot and calcaneal axial SLC removal, if good-transition into FWB in to cam walker boot at 6 weeks (if not then recast for 2-3 weeks F/U in 4 weeks with x-ray)
10 weeks	X-ray WB foot and calcaneal AP ankle STJ & Ankle a arthrodesis) PT f/u @ 16 & 26 wks
1 ear	Final post-op visit, assess pain and ROM, AOFAS score

Lapidus Bunionectomy

Post-o Timin	Protocol
Immediate	Soft dressing with splinted hallux, NWB in boot with crutches or knee scooter
2-5 days	Wound check Post-op X-rays NWB foot
2+ weeks	Suture removal Padding between toes 1 and 2 NWB boot1.5 weeks, then WB boot 4 more weeks
4 weeks	X-rays NWB PT Rx
8 weeks	X-ray WB, start PT w no mob of midfoot
f/u 4 months	Assess pain and ROM F/u 6 months

Ankle Arthroscopy with Débridement/Synovectomy/loose body (NOTE: Os Trigonum BK boot 3-4wks)

Post-op Timing	Protocol
Immediate	FWB in post-op shoe
2-5 days	Wound check Post-op X-ray if needed (only if loose bodies), give RX for PT
2 weeks	Remove sutures may progress to ankle brace/regular supportive shoes as tolerated F/O 8 weeks PT starts
g weeks	Assess for return to sports
4 months	

Ankle Ligament Reconstruction (Broström), often combined with Peroneal and Talus OCD

Post-op Timing	Protocol
Immediate	NWB in posterior splint (foot everted)/Boot with crutches or knee scooter
2-5 days	Wound check Post-op X-rays if needed, NWB SLC x2 weeks with foot everted (& slight plantarflexion if peroneals repair)
2-3 weeks	SLC and suture removal BK Boot until 4-6+ wks
4 -6weeks	Start ROM exercises, ankle brace @ 4wks if ligament repair only F/u @6 wks post-op Ankle ROM — if stiff can start PT Possible x-ray if had talus OCD bone raft at 6 weeks
6+ weeks	Transition to ASO ankle brace for peroneals & talar OCD Start PT if needed
6 months to 1 year	Assess pain and ROM, AOFAS, FAAM-S orts scores

Peroneal Retinaculum Ligament Reconstruction & Tendon repair

Post-o Timing	Protocol
Immediate	NWB in posterior splint (foot everted)/Boot with crutches or knee scooter
2-5 days	Wound check Post-op X-rays if anchor used, NWB SLC x2 weeks with foot everted slight plantarflexion if peroneals repair)
2-3 weeks	SLC and suture removal, can begin weightbearing after 2 wks BK Boot until 4-6+ wks. NOTE: if os peroneum excised, keep boot for 8 wks
4 -6weeks	Start ROM exercises, ankle brace @ 4wks if ligament repair only Flu @6 wks post-op Ankle ROM — if stiff can start PT

6+ weeks	Transition to ASO ankle brace Start PT if needed (avoid dorsiflexion/inversion)
6 months to 1 year	Assess pain and ROM, AOFAS, FAAM-Sports scores

Sesamoidectomy

Post-op Timin	Protocol
Immediate	NWB in posterior splint (foot everted)/Boot with crutches or knee scooter
2-5 days	Wound check Post-op X-rays, NWB x 3wks in short boot
3 weeks	suture removal Short Boot 6+ wks
4 -6weeks	Start ROM exercises, F/u @6 wks post-op (NOTE: plantar incision always look like it will dehisc; it will not if stayed NWB 3 wks) Ankle & MPJROM -start PT
6+ weeks	Transition to accommodative orthosis, RT to sport 8-12 wks post-op
6 months to 1 year	Assess pain and ROM, AOFAS, FAAM-Sports scores

Gastrocnemius Recession(isolated)/Achilles Peritenolysis/Débridement

Post-op Timin	Protocol
immediate	NWB in BK boot
2-5 days	Wound check Post-o x-rays if needed, NWB until 2wks
2+ weeks	Suture removal FWB in BK boot 2 wks for Peri-, 4 wks for Gastroc, 6wks for De Gentle ROM, avoid excessive stretching
6 weeks	Transition out of the boot for Débridement Start PT
3 months	Assess pain/ROM, RTA

Taylor's Bunionectomy/Bunionette with osteotomy

Post-op Timin	Protocol
Immediate	Soft dressing with splinted toe NWB in short boot with crutches or knee scooter
2-5 days	Wound check, X-rays NWB NWB
2 weeks	Suture removal, WB OK, RX for PT

5-6 weeks	X-rays, WB Start PT
3 months	Assess pain and ROM

1st MTPJ Arthrodesis (Fusion), Hallux Inter-phalangeal joint Arthrodesis

Post-op Timing	Protocol
Immediate	NWB in shoe or boot with crutches or knee scooter
2-5 days	Wound check Post-op x-rays, NWB
2 weeks	Sutures removed Start gentle ROM WB in boot
6 weeks	X-ray foot, WB
10 weeks	Xray WB foot if needed Transition to FWB into shoe
4 months	Pain and ROM assessment

1st MPJ Arthroplasty/Valenti

Post-op Timing	Protocol
Immediate	Soft dressing, surgical shoe
2-5 days	Wound check Post-op NWB x-rays, WB okay if tolerated in surgical shoe RX for PT
2 weeks	Sutures removed Start ROM once skin is healed, transition to stiff shoes f/u @ 8 weeks
8 weeks	Pain, ROM assessment, consider PT/active release/spiral dynamics f/u 6 weeks WB
4 & 6 months	Assess ROM and pain

Inter-phalangeal joint Arthrodesis (Fusion) of PIPJ/DIPJ for Hammertoe

Post-op Timing	Protocol
Immediate	Soft dressing, cover pins, toeguard, etc WB in surgical shoe to heel
2-5 days	Wound check Post-op x-rays NWB
2 weeks	Suture removal Post-op x-rays NWB if needed PWB to surgical shoe to FWB flu 2 weeks with new x-rays
4 weeks	X-rays NWB, if good bone healing can remove pin FWB in shoe or boot for 2 more weeks
	Tape toes together after k-wires have been removed xl month Gentle ROM PT if needed Tell them not to mobilize the Ips, just MPJs F/u 2 months with new x-rays

12 weeks	assess alignment and healing assess pain and ROM
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Plantar Plate Repair (without osteotomy)

Post-op Timin	Protocol
Immediate	Soft dressing NWB 3 wks short boot
2-5 days	Wound check x-rays foot
2 weeks	Suture removal. NOTE: Wait until 3 wks if plantar incision
3-4 weeks	x-rays if not taken, pull pin , tape toes in plantarflexion esp at night continue WBAT in post-op shoe or boot
6-7 weeks	Transition to regular shoe w/ insert
6 months-1 yea	Assess pain and ROM. AOFAS score
Recovery Overview: WBAT in post-op shoe for 6-8 weeks until in removal, after in removal start PT	

Plantar Fasciotomy (Endoscopic)

Post-o Timin	Protocol
Immediate	JVG: soft dressing, FWB in post-op shoe or boot, minimize WB for first 1-3 days, take off bandage on 3 rd day SA: soft dressing, NWB for 2 weeks
2-5 days	Wound check X-rays if needed
2 weeks	Suture removal Transition to WBAT in short boot
4-5 weeks	Transition to supportive shoe with insert No running
8 weeks/3 months	Return to running s orts

Lesser Metatarsal Osteotomy — Weil

Post-o Timin	Protocol
Immediate	NWB in short boot
2-5 days	Wound check x-rays
2 weeks	Suture removal x-rays if needed
	X-rays if not taken transition to stiff shoe
	Out of boot and into shoes/insert
6 months/1 ear	Check ROM, AOFAS scores

Retrocalcaneal exostectomy with Achilles Débridement

Post-op Timing	Protocol
Immediate	NWB in BK boot w wedge 1" with crutches or knee scooter

2-5 days	Wound check Post-op x-rays NWB if needed of heel SLC/BK cast in gravity equinus x2 weeks
2+ weeks	Suture removal Cast removal NWB in boot with heel lifts or SLC in equinus for 4 weeks Two wedges@ 4wks x2 weeks One wedge @8wks x2 weeks Boot x2 weeks -> 2 weeks with two gel heel cushions (Dr. Scholl's) or 1 SQHT heel cushion Allow driving at 4 weeks with boot off (if Rt limb) Swimming allowed w cast cover
8 weeks	Allow swimming without boot No PT yet Transition to 2 gel heel cushions or 1 SQHT into shoe by 10 wks
10+ weeks	Start physical therapy Progressive Strengthening: Initially with towel, then double —legged, then single-legged heel raises from 8-16 wks Can use Alter G starting at 50% bodyweight and progress to 85% No stretching or eccentric strengthening for 3-6 months need concentric strengthening first!
12 weeks	Return to daily activity
20 weeks	Return to sports
6mo-1 ear	Check AOFAS/ATRS scores

Achilles tendon rupture repair

Post-o Timin	Protocol
Immediate	NWB in posterior splint/BK boot in equinus with crutches or knee scooter
2-5 days	Wound check SLC in gravity equinus x2 weeks
2 weeks	Suture removal Cast removal NWB in boot with heel lifts or SLC in equinus with heel lifts for 6+ weeks Two white wedge@ 6wkss x2 weeks One wedge(or 1 SQHT) @ 8wks x2 weeks Boot x2 weeks -> 1 week with two gel heel cushions or 1 SQHT Allow driving at 3 weeks with boot off for Rt limb
8 weeks	Start physical therapy Progressive Strengthening: Initially with towel, then double —legged, then single-legged heel raises

	<p>Can use Alter G starting at 50% bodyweight and progress to 85%</p> <p>No stretching or eccentric strengthening for 3-6 months (need concentric strengthening first!)</p>
8-12 weeks	<p>Boot until 10 wks w double heel cushions. Return to daily activity after physical therapy complete (until 4-5 months postop, cont w SQHT or double Dr. Scholl's for 4-6 mos, then 1 Dr. Scholl's</p>
20-26 weeks	<p>Return to sports (4.5-6 months)</p>
1 yr	<p>ATRS, calf size & heel raise</p>