



## Post-operative Calendar After Intermediate Foot and Ankle Surgery

### Days 1-14

- Keep extremity iced until pain and swelling are minimal.
- Keep boot and dressing dry, clean and intact. Shower with boot covered with a plastic bag, either store bought or homemade
- Rest on a couch or bed with the extremity elevated on pillows at or above heart level.
- Okay to touch the boot flat for balance (15 pounds). Test on a scale.

### Week 2

- Return to clinic for possible x-rays and dressing removal.
- Possible suture removal if swelling has reduced enough
- Prescription for physical therapy to treat swelling and gentle range of motion exercises if needed. May use a home exercise program as instructed by physical therapist.
- Begin gradual weight bearing as tolerated in walking boot. Ask for your specific instructions
- Okay to remove boot for showering once sutures are removed
- Okay to sleep without the boot

### Week 6

- Return to clinic for repeat x-rays
- Wean out of walking boot and gradually transition to a normal shoe. This may take 2-4 weeks
- Start more aggressive physical therapy for range of motion
- Gradually transition to normal activities

### Weeks 14-16 (3.5–4 months)

- Return to clinic for final recheck and an x-ray if needed

### Tips:

- We recommend you do not remove your dressing until you are seen at your first visit.
- NSAID medications (ibuprofen, naproxen) should be avoided as they can slow down healing time, especially in fractures and bony fusions.
- An arch support for your walker boot is strongly recommended. We can assist in providing you with an appropriate support.
- After your sutures are removed, you can shower with your walker boot off. Please do not soak or scrub the foot. We recommend that you place a stool or chair in the shower to prevent falls.
- A rolling knee scooter can be purchased online to supplement crutch or walker use.