



POST OPERATIVE INSTRUCTIONS
NEUROPATHY: NERVE RELEASE SURGERY

IF YOU HAVE EXCESSIVE PAIN, OR NOTICE REDNESS AROUND YOUR SURGICAL SITE, PLEASE CALL RIVERSONG PLASTIC SURGERY (Dr. Sasmor and Dr. Kutka) at (978) 462-8300.

When you go home, a family member or friend must drive you because you have been sedated, or have had general anesthetic. Someone should stay with you overnight as you may need assistance due to sedation and/or discomfort.

MEDICATIONS

1. **REGULAR MEDICATIONS:** At home, you should be taking all medications that you were taking before your operation.
2. **PAIN MEDICATIONS:** Post surgical pain is expected after any major surgery procedure. Use your pain medication as you need it. You will find as you go further out from your surgery, you need for medications will slowly decrease. When pain has become minimal, you may want to change to using Tylenol or Advil instead of your narcotic pain medication. Please contact the RiverSong Plastic Surgery office if you are having any nausea or vomiting, bad dreams, sweats, itching or rashes related to taking your pain medication.
3. **CONSTIPATION:** Reduced activity, decreased dietary intake, and pain medications can all lead to constipation. Please take an over-the-counter stool softener beginning on the day that you return home. We suggest two to three tablespoons of Milk of Magnesia at bedtime if you have not had a bowel movement by the second day you are home after your surgery.
4. **VITAMINS:** Take one multivitamin with iron and two vitamin C 500 mg. tablets a day for the first month after your surgery.
5. **ANTIBIOTICS:** Please take antibiotics on a regular basis if prescribed by your surgeon. If you have any nausea, vomiting, itching or rash related to taking your antibiotics, please call the office at one.

SMOKING: No smoking for at least two weeks after your surgery. Smoking reduces blood flow in your skin. Necrosis (dead tissue) and poor healing can result from smoking.

WALKING: You will use a walker for the first three weeks after your surgery. You will be allowed to walk to the bedroom, to the bathroom, and to the kitchen. You are encouraged to limit your walks to 30 to 40 feet at a time. You should be walking with the ankle held at 90 degrees, lifting your foot from the knee (as demonstrated in your preoperative examination). You may put full weight on your foot when walking; **DO NOT** attempt to walk on your toes or you heel. You should get up and walk a short distance at least every one and a half to two hours to prevent formation of blood clots in your legs.

For the first three weeks after your surgery, long trips such as to the mall and shopping should be made in a wheelchair.

DRESSINGS: You are to keep the bulky bandage applied in the operating room intact and dry for the first week. When you shower, you may place your leg in a garbage bag and secure the top to keep the dressing dry. At your first post operative appointment, the bulky dressing will be removed and you will be allowed to wear a light dressing and slippers. After one week, you are allowed to get the stitches wet in the shower.

SHOWERING AND BATHING: You may shower the day after your return home. During the first week you must keep your dressing dry. (See above.) After the first week, allow the water and soap to run over the Steri-Strips, rinse and pat the Steri-Strips dry. Leave the Steri-Strips in place.

SLEEPING POSITION: While in bed and sleeping, you should keep your operated foot elevated on one pillow.

ACTIVITY: See Walking instructions.

VIGOROUS EXERCISE/AEROBIC EXERCISE: Three weeks after your surgery when your sutures have been removed, you may begin a progressive program for rehabilitation. We initially suggest light walking such as in a swimming pool. We will give you a specific exercise program to follow once sutures have been removed.

NUMBNESS: When the nerves that have been “asleep” awakened, you may experience hot or cold, or shooting pains in your toes. This is a good sign as it shows recovery, but it still may be uncomfortable for you; ask your surgeon for medications that might be appropriate. As healing continues, these pains should slowly decrease and totally resolve.

ITCHING: Itching and occasional pulling or shooting pains may occur in your scar tissue as the incisions heal. This is due to maturation of the scar tissue itself, and to the healing of the small sensory nerves. Ice, skin moisturizers, and massage are frequently helpful. The symptoms are common during the first several months of recovery, and will resolve over three to six months.

REDNESS OF SCARS: All new scar tissue is red, pink, or even purplish in color. With massage and proper attention, scar tissue will slowly soften and fade. Scars may take up to one year or longer to completely fade.

DRIVING: Dr. Sasmor or Dr. Kutka will advise you when you may return to driving.

QUESTIONS AND CONCERNS: If you have other questions, please call the office at any time. You can also write down your questions and bring them with you to your follow-up visits.