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Postoperative Instructions: Foot Plantar Fascia Surgery

When you get home:

- Rest for the remainder of the day.
- Be Safe- stay in the care of responsible adult the first 24 hours.
- Use Ice as much as possible: It may not fully cool the heel below the dressing, but it is still beneficial.
20 minutes on/20 minutes off for regular ice packs/frozen peas.

Pain Medication:

- Take your pain medication- it's better to stay ahead of the pain.
- Oral Narcotic pain medicines (Vicodin/Hydrocodone, Norco, Tramadol/Ultram, Codeine, Percocet) help with pain, but can cause:
 - Drowsiness:
 - Be Safe, don't drive, operative machinery, don't mix it with alcohol.
 - Stomach upset:
 - Take with food, or try over the counter Zantac or Tums.
 - Constipation:
 - Drink enough fluids, use fiber supplements (Metamucil, Senokot)
 - Take Prune juice or Milk of Magnesia if still constipated after 2 days
- You may take anti-inflammatory medication to help with pain and swelling.
 - Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.
 - Ok to take with pain medications, not with other anti-inflammatories
 - After 4 days of Toradol, you can take other anti-inflammatory medicines like:
 - Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex
 - Go easy on the anti-inflammatory medications if you have stomach problems.

Dressing and Wound Care:

- You will have a soft bandage around the foot and ankle with a short splint.
- You can shower two days after surgery- you can cover the incision using a plastic bag.
- At your first postop visit we will remove your suture.
- We will fit your for a cast boot walker at your first postop visit, which you will use for 3 more weeks.

Activities:

- Crutches: You will be using crutches at least for the first week.
You'll be getting around your house well within a few days.
- Driving: Only after you are SAFE, which means:
 - Off pain medications, and able to control a vehicle safely
 - It can be difficult to control a car when it is your right foot that had surgery.

Exercises:

- Begin exercises immediately:
 - Gently move your hip, knee and toes around many times during the day
 - You can start some isometric exercises for the thigh and calf (pump and tighten the muscles, then release).

If you have any problems or questions, please call us at (925) 600-7020

- Feel free to call us if you have any concerns, or for:
 - Unrelenting pain, or increasing swelling or numbness or high fevers (over 101.5)
 - Continuous drainage or bleeding that is soaking your dressing
 - Chest pain, shortness of breath