

Post-Operative Care

Caring for your foot or ankle after surgery helps it heal properly,

Watch the video and choose the correct alternative for each statement:



prevents further injury, and keeps you comfortable.

<https://www.youtube.com/watch?v=jP8NeV7CdIs>

1. Pain medication should be taken:
 - a) Only after the anesthesia wears off
 - b) Before the anesthesia wears off, as prescribed
2. To keep the incision area clean:
 - a) It's important to keep it dry and clean
 - b) It's okay to get the incision area wet
3. To reduce swelling, you should:
 - a) Raise your foot above the level of your heart and apply ice
 - b) Keep your foot at floor level without using ice
4. Your surgeon will tell you:
 - a) How much weight you can put on your foot
 - b) You should put as much weight on it as possible
5. When using crutches, the top of the crutches should be:
 - a) About two finger widths below your armpits
 - b) Above your armpits
6. When walking with crutches, your weight should be supported by:
 - a) Your arms and upper body
 - b) Your armpits
7. To get into a chair safely, you should:
 - a) Grab the crutches with both hands and sit down
 - b) Make sure the chair is stable, then use one crutch to lower yourself down
8. The safest way to go up and down stairs is:
 - a) Without using crutches, sit on a low step, and lift yourself using your good leg
 - b) Always use crutches when going up or down stairs
9. If you feel dizzy or drowsy, you should:
 - a) Continue using the crutches and walk carefully
 - b) Avoid using crutches and walk only when feeling alert
10. If you have any questions after surgery, you should:
 - a) Wait until your next appointment
 - b) Call your foot and ankle surgeon for advice