



## Post-op Soft Dressing: Weight-bearing as tolerated (WBAT) Instructions

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### POST OP INSTRUCTIONS

1. Your post-operative appointment card is located on the front of the envelope.
2. DO NOT get the dressing wet. When showering/bathing, cover your dressing with a plastic bag and tape.
3. If you feel the dressing is too tight, you may remove the ace wraps and rewrap. Please do not remove the white cotton material underneath.
4. You may remove the dressing 2 days after the surgery if you feel comfortable doing so. Cover the stitches with band aids. You may shower getting the incision wet. DO NOT submerge your foot in any bath water, pond water or hot tub.
5. You may weight bear as tolerated with the post-op shoe or cam boot following the surgery.

### PAIN CONTROL:

1. Remember that it is normal to have pain and most pain does not represent damage or danger.
2. You have been given a prescription for pain medicine. It will read to take one pill every 4-6 hours. If your pain is not controlled, you may take two pills every 4-6 hours.
3. If your pain is still not controlled, you may also add ibuprofen (200mg). Take (2) ibuprofen tablets along with the pain medicine. Do not take TYLENOL with the pain medicine as the pain medicine already has TYLENOL in it.
4. Take your prescribed pain medication with food. Many narcotics will cause some uneasiness of your stomach. This can usually be overcome by taking the medication with some yogurt or a light sandwich. Nausea while taking pain medication does not mean you are allergic to it.
5. Narcotics may also cause constipation. If you experience this take over the counter polyethylene glycol (Miralax) 17g dissolved in 4-8 oz liquid daily.

