

**MATTHEW R. BYINGTON, DO**  
**Orthopaedic Surgeon - Board Certified & Fellowship Trained**  
Sports Medicine & Arthroscopic Surgery  
Knee & Shoulder Reconstruction  
[www.drmatbyington.com](http://www.drmatbyington.com) // [www.prairie-ortho.com](http://www.prairie-ortho.com) // [www.KNEEbraska.com](http://www.KNEEbraska.com)  
**PRAIRIE ORTHOPAEDIC** Phone: 402-489-4700; Fax: 402-489-5220

**DISCHARGE INSTRUCTIONS: FOOT/ ANKLE/ LOWER LEG SURGERY**

**The following Medication(s) have been prescribed by Dr. Byington:**

- ☐ **Tylenol Extra Strength (500mg):** Take 1-2 tablets every 6 hours for 10 days.
- ☐ **Meloxicam:** Take 1 tablet daily. This is an **anti-inflammatory** and **pain** medication (like Advil & Aleve). Stop taking if you have blood in your stool, if you feel you are experiencing a stomach ulcer. Not to be used if you have significant history for stomach ulcers. Do not take with Advil or Aleve.
- ☐ **Tramadol:** Take 1-2 tablets every 4-6 hours as needed for **pain (mild-moderate)** WITH FOOD.
- ☐ **Oxycodone:** Take 1-2 tablets every 4-6 hours as needed for **pain (severe)** WITH FOOD
- ☐ **Norco (Hydrocodone):** Take 1-2 tablets every 4-6 hours as needed for **pain (moderate)** WITH FOOD
- ☐ **Ondansetron:** This medicine is for **nausea**. Take one tablet every 6 hours as needed for nausea & vomiting
- ☐ **Aspirin 81 mg (baby aspirin):** one pill in AM and one pill in PM for 2 weeks to reduce risk of blood clots. Do not take if you are on blood thinners or have stomach ulcer history.
- ☐ **Xarelto (blood thinner):** one pill daily. **12 days after knee replacement & 35 days for hip replacement**
- ☐
- 
- ☐
- 

**DO NOT** operate a vehicle, heavy machinery, appliances, drink alcoholic beverages, make critical decisions or sign legal papers while taking pain medication such as **Oxycodone, Tramadol, Norco**

**Colace, Miralax, or Dulcolax** are over the counter stool softeners to *reduce risk of constipation*.

*The above pain medications may cause constipation.*

Other ways to reduce risk of constipation include: Increase your fluid and fiber intake such as 8 glasses of 8oz daily. Eat fruits, vegetables and whole grains. Avoid alcohol, caffeine, and dairy products. Drink 1/2 cup of prune juice mixed with 1/2 cup of apricot juice warmed.

**DO NOT take Tylenol, Ibuprofen/Aleve products in addition to these pain medications unless specifically directed by our office.** Many of these pain medications already contain acetaminophen, which is the active ingredient in Tylenol.

***Prescriptions for pain meds such as Oxycodone, Norco and Tramadol cannot be refilled over the phone Please plan ahead at least 48 hours ahead if you are going to run out of pain medications.***

***These prescriptions need to be picked up at our office or mailed directly to you.***

If you have any questions or concerns, please call the office at 402-489-4700

**DISCHARGE INSTRUCTIONS: FOOT/ ANKLE/ LOWER LEG SURGERY**

**ACTIVITY / EXERCISE**

WEIGHTBEARING STATUS FOR SURGICAL LEG:

- ☐ WEIGHTBEAR AS TOLERATED
- ☐ NONWEIGHTBEARING
- ☐ TOE-TOUCH WEIGHTBEARING (LESS THAN 5 POUNDS)
- ☐ \_\_\_\_\_

**EXERCISES:**

Please use your CRUTCHES / WALKER until your first post-operative visit

You may practice quadriceps muscle tightening and straight leg raises every hour

If instructed, move your toes up and down and tighten and relax your calf muscles several times every hour to help reduce swelling and prevent blood clots

Best position of the leg after surgery is for you to be lying flat with your ankle **higher than your knee and your knee higher than the heart** to reduce swelling for most hours of the day

**ICE:** It is beneficial to use ice for at least a few days to reduce swelling.

Apply ice to the **BACK OF THE KNEE** and foot / ankle **40 minutes at a time every 4 hours for the first 4 days.**

**Do not** apply ice directly to skin, or allow water to leak on your dressing

**DRESSINGS/SHOWER**

Please keep dressing dry

Please reinforce your dressing with a dry sterile dressing

If you shower, keep it covered. Consider using Glad Cling Wrap / Press N Seal.

**Cast / Splint:**

DO NOT remove your cast or splint if one has been applied.

DO NOT get it wet.

DO NOT stick anything down it. For any itching, blow cool air from hair drier down the cast

DO NOT do any weight bearing activities with your surgical extremity unless instructed.

**EMERGENCY / FOLLOW-UP**

**My clinic phone number at Prairie Orthopaedic & Plastic Surgery, PC is: (402) 489-4700**

**For urgent calls after hours, please call our Answering Service at: (402) 474-3434**

Please notify my office if you develop any fever (101° or above), unexpected warmth, redness or swelling

Please call if your digits become cold, purple, numb, or there is excessive bleeding

Please call the office within 24 business hours to schedule a follow up appointment if one has not already been provided for you.

Please call the office before 3pm on Friday if you do not have enough pain medicine for the weekend. Narcotic pain medication cannot be called into your pharmacy and the prescription must be picked up at our office

**SMOKING / NICOTINE:** Please know that using nicotine products (smoking cigarettes, chewing tobacco, vaping, etc...), can lead to poor healing and potentially worsen your outcome. Please quit and if you can't quit, cut back as much as possible.