

Now that your splint is off and your stitches are out, here are some reminders until your next visit. Treat your boot as if it were a cast, only removing it for 3 reasons:

1) ICE

- 20 minutes on, 20 minutes off
- ice as often as you would like
- at bedtime is helpful for pain relief

2) HYGIENE

- Showering is okay, but do not soak or submerge in a bath
- Water and soap can run over incision/steri strips/pin sites
- Do not scrub your wounds
- Leave open to air after shower for 5 minutes, then replace dressings/boot
- If you have a pin in your toe, shower with soap and water. Clean daily with cotton swap and peroxide around pin site

3) MOTION

- Do your range of motion exercises as much as possible
- Getting back your motion is an important part of your recovery

➤ WEIGHT BEARING

- Do not increase your weight bearing even if you are feeling better
- Weight bearing will be increased in a safe and gradual way at a later date

➤ MEDICATIONS

- Continue to take aspirin 325mg daily while you are non-weight bearing
- Only continue narcotics for pain management if absolutely necessary. Start to wean (spread out doses or use less) narcotics, trying alternatives like Ibuprofen or Tylenol.
- Remember: Ice is also a great pain reliever.
- Do not take Tylenol and Percocet/Norco/Vicodin at the same time. (They already contain Tylenol/acetaminophen)

**\*\* You should wear your boot to sleep at night \*\***