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## Dr. Mangone's Post-Operative Foot and Ankle Information Sheet

1. Keep your foot/ankle elevated at or above the level of the heart, elevating on pillows and reclining your head. The higher the foot, the better for swelling and pain control.
2. Do not remove or change your dressing unless directed by Dr. Mangone. You can expect to have some mild bleeding appear on the dressing after surgery. If the dressing becomes saturated call our office for dressing change, otherwise reinforce it at home with 4x4s.
3. Contact the office if you have a temperature above 101.0 degrees F, shortness of breath, or tongue swelling.
4. If you have received prescription medication take only as directed, and do not drive or operate heavy machinery while taking. Try to take pain medication with food to reduce nausea. Decrease pain medication over time as it can cause constipation, nausea, and other side effects. Consider taking a stool softener when on narcotics.
5. After surgery begin with a light meal or crackers, as you may have some nausea. Advance to a normal diet as tolerated. If you had on your bone, try and get extra calcium.
6. If you have a post operative boot or shoe, keep this on at all times unless otherwise directed by Dr. Mangone until the first post-operative visit.
7. Do not get your dressing wet, as this can cause tissue maceration and other problems. Cover it with a plastic bag, and sit in the shower or sponge bath until your first visit.
8. Make sure all toes are pink and warm. If you had a nerve block pre-operatively, you may have some numbness, which can persist. **Call the anesthesia group associated with your surgery with any concerns about your block, numbness, or pain at the nerve block site.** When the nerve block begins to wear off you may feel some tingling or burning. You may expect to have significant pain for 6-8 hours after the nerve block wears off. This will slowly subside. During this time elevate the foot ABOVE the level of the heart, ice over the dressing, and continue with pain medications. You may take over the counter Tylenol or Ibuprofen along with the pain medication unless you have certain medical conditions. Do not take Tylenol with any liver or kidney diseases. Do not take ibuprofen with a history of stomach ulcerations, ulcerative colitis, chrons disease, or if taking blood thinners. Please check with your primary care physician to see if you can take these medications.

### Phone Numbers for Anesthesia Questions:

1. Orthopedic Surgery Center (All Care): 828-274-3477
  2. Advent Health/Park Ridge Hospital Anesthesia: 828-681-2117
  3. Pardee Hospital Anesthesia: 828-698-3342
9. We do not prescribe blood thinners for most foot/ankle surgeries. You may take an OTC aspirin, if desired, and may move the non-operative leg for motion exercises. If you have a history of a blood clot in your leg (DVT) or lungs (PE), make sure Dr. Mangone or Jennifer is aware of this as we will prescribe 21 days of post operative anti coagulation.

10. Your follow-up appointment is typically 7-14 days after surgery. This will be written on your post operative information sheet. If not, please call our office at 828-258-8800 X 3700 to schedule one. You will typically see Jennifer, Dr. Mangone's PA, for your first visit. If there are any concerns, Dr. Mangone will be contacted. He will be present for most other follow up visits.
11. You will EXPECT to have pain post operatively. Take the prescribed pain medication as directed. Elevate as much as possible. You will likely have the most pain the first night after surgery, and should slowly improve with time. You may also experience increased pain as the nerve block begins to wear off over the first few days. Do not call the physician on call after hours for concerns with pain unless you wish to go to the Emergency Room. We do not prescribe narcotics after hours or on weekends. If you continue to have concerns about pain, call our office in the morning to discuss such issues.
12. You may contact the office at 828-258-8800 at any time that you have a question or concern. We have a physician on call over the weekend and during the night, and can aid you with any issues that you are experiencing or relay a message to Dr. Mangone. Please refer to our online post-operative FAQ at [www.brbj.com](http://www.brbj.com) for further questions. You may also visit Dr. Mangone's weight bearing videos at youtube.com for a description on touchdown and partial weight bearing, and instructions for the first post-operative visit. If your questions are not answered by this, call our office at 828-258-8800. You may also go online to our website and view questions about weight bearing status on Dr. Mangone's web page. There are informational videos that show and describe how to do partial weight bearing and other useful topics. Important phone number extensions:
  1. Triage: 3700 (General Phone Service)
  2. Carra: 4140 (Medical Assistant)
  3. Heather: 4168 (Scheduler)
13. **For information and video demonstration regarding touchdown weight bearing, partial weight bearing, and other weight bearing status, please refer to the following website:**  
<https://www.youtube.com/user/OrthopedicsWNC>.