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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 changes 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. Outpatient Surgery Center (North Star): 1-800-991-0627
2. Advent Health/Park Ridge Hospital Anesthesia: 828-681-2426
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 Laura 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 Laura, 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 will also EXPECT to have residual numbness, tingling, burning, and other neuritic sensations post operatively secondary to the nerve block and/or post op swelling. You may experience these symptoms in an intermittent or constant manner, and may present as diffuse, focal, or as patchy areas in the foot, ankle, and/or toes. These symptoms typically gradually improve and ultimately resolve with time but can take up to a few days to several weeks to completely resolve after the surgery. You may also expect to have residual numbness or decreased sensation directly over the incisional scar longer-term, but these symptoms are typically not limiting and become less noticeable with time. You can notify the doctor at you post op appointments so these symptoms can be monitored and documented in the note, and the acute recommendation is to monitor these symptoms for changes in severity.
13. You may contact the office at 828-258-8800 if you have an urgent question or concern, and we have a physician on call during the night and over the weekend. For life threatening issues, please call 911 or go to the emergency room for evaluation. Also, please refer to the online Surgical Frequently Asked Questions sheet for additional questions pertaining to pre- and post-surgery. You can find this information sheet by going to www.emergeorthoblueridge.com and clicking on Dr. Peter Mangone under the DOCTORS tab. Then click on the Postoperative Instructions tab under Dr. Mangone's picture on the left-hand side of the screen. There you will find the FAQ sheet and other post-operative instruction sheets pertaining to a specific surgery. Also, you may visit Dr. Mangone's YouTube videos for information and demonstration on weight bearing statuses and what to expect at the first post-op appointment. Please refer to section 14 for more specific details on the YouTube videos. If your questions are not answered by this, call our office at 828-258-8800. Specific phone number extensions:
 1. Triage: 3700
 2. Medical Assistant: 4140
 3. Surgical & Test Scheduling: 4168
14. For information and video demonstration regarding touchdown weight bearing, 50% weight bearing, progression to full weight bearing, and what to expect at the first post op appointment, please go to YouTube.com and search Dr. Mangone. There are several other videos made by Dr. Mangone, simply scroll through the videos until you find the video you require or refer to the following web links to view:

Touchdown to 25% Weight Bearing: <https://www.youtube.com/watch?v=-ldJtxHxAM4>

50% Weight Bearing: <https://www.youtube.com/watch?v=8-0DOidt6bs>

Progression to Full Weight Bearing: https://www.youtube.com/watch?v=BO_9rWekDgM

What to Expect at the First Post-Op Visit: <https://www.youtube.com/watch?v=bMxw5cB8as>