

Call your healthcare provider or go to your nearest Emergency Department if you have any of the following:

- increased pain or sudden difficulty walking
- increased swelling, redness, or drainage from your incision site
- blood in your stool, urine, or sputum, and increased bruising
- calf is painful and feels warm to touch
- other infections such as chest cold or bladder infection
- fever or chills (temperature higher than 38.5°C or 100°F)
- difficulty breathing or chest pain
- if you have any other symptom you do not understand.

For 24 hour professional health advice and information, call:



Bathing/Personal Care

- Keep your dressing clean and dry.
- Shower or sponge bath until your sutures/staples are removed.
- Bath or shower as usual 48 hours after the sutures are removed.

Activity

- Use your walker or crutches as instructed.
- Continue your exercises your physiotherapist showed you. Doing your exercise program is important to your recovery.
- Plan your activities carefully. Include rest periods. Do not overdo any activity.
- Do not lift or pull anything over 4 kg (10 lbs) for 6 weeks.
- When riding as a passenger in a vehicle—stop frequently and walk around for several minutes to increase circulation to your legs.
- Do not drive until your care provider lets you know it is safe to drive.
- Check with your care provider when you can return to work.

Nutrition

- Drink 6 to 8 glasses of fluid (1 glass = 8 oz or 250 mL) per day.
- Resume your usual diet
- Eat plenty of fresh fruit, vegetables and whole wheat to prevent constipation

Medications

- Take your pain medication and a blood thinning medication as directed
- Resume taking any medication you were taking prior to surgery unless you are told otherwise

Treatment

- Apply cold therapy/ice pack wrapped in a towel for 10 to 15 minutes 3 to 4 times a day to reduce swelling and discomfort.

