



Recipe for Success

Welcome to your recovery from calf implant surgery!



Ingredients

- Cold compresses, gel packs, frozen peas, or ice packs.
- A responsible adult to stay with you for 24 hours after anesthesia.
- A positive attitude!



Directions

For the first day, you will limit your walking to the bathroom and to the kitchen for meals. Otherwise, the legs are kept elevated, toes at the level of the heart or higher, and some flexion of the knee is allowed if it is more comfortable. The next day you may walk about and leave your home. Make sure to rest regularly. You may return to work in 7-10 days. Most patients experience a moderate amount of pain the first few days following calf implant surgery. This pain is usually relieved by rest, elevation of the leg, and the pain medication prescription you are given. If the pain becomes excruciating or steadily increases, or you experience numbness or tingling in the extremity, split the bandage and call the office for further instructions.

You will be given a prescription for a muscle relaxer to reduce spasms in the calf muscle. Take this medication every 8 hours for spasms. You may become sleepy with the combination of pain medication and muscle relaxer. If you are too sleepy to function, increase the time between medications until the sleepiness is relieved.

Wear a shoe with a wide-based heel at a comfortable level, usually 1.5 inches.

Leave the dressing on until removed by office.

You may sponge bathe 24 hours after the surgery, but do not get your bandages wet.

Office Visits: You will return to the office in 1-3 days for a dressing check.



Recipe for today

If you were going to get sick from the anesthesia, it would have happened within the first 3-4 hours after surgery. If you are nauseous, it is usually because you have taken medicine on an empty stomach, or you are not drinking enough fluids and are becoming dehydrated. We encourage beverages with sugar and caffeine to help lessen nausea and vomiting. Also, try lying flat to relieve nausea.

First Week: Do not drive a car or engage in any strenuous activity. Do not exercise the calf for 6 weeks.

Sun Exposure: Do not expose the calf or scars to the sun (or tanning bed) for at least 2-3 weeks after surgery as severe burns can occur from minimal exposure. Scars must be covered when exposed to sun or tanning beds (to prevent hyperpigmentation) until all the redness is gone from the incision, which is about 6-12 months. You may use tanning creams after the incision is healed.

Hints from the Nursing Staff: Expect to run out of energy mid-day. Expect to feel tighter and more swollen by the end of the day. This is normal and to be expected.

