

J. Jason Wendel, M.D.

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Postoperative Instructions

LOWER LEG/FOOT FREE FLAP PROTOCOL

In order to allow for proper healing and to prevent excess swelling following your leg surgery, you must follow a progressive leg dangle protocol before you can return to having your leg down and on the ground. During this entire protocol, your leg should not bear **ANY** of your body weight.

Protocol:

On post-operative day #6, you may hang your leg off of the bed for 15 minutes, 2 times a day.

On post-operative day #7, you may hang your leg off of the bed for 15 minutes, 3 times a day.

On post-operative day #8, dangle 30 minutes once daily.

On post-operative day #9, dangle 30 minutes 2 times that day.

On post-operative day #10, dangle 30 minutes 3 times daily.

On post-operative day #11, dangle 45 minutes once that day.

On post-operative day #12, dangle 45 minutes 2 times that day.

On post-operative day #13, dangle 45 minutes 3 times daily.

If at any time your leg or foot becomes swollen and or discolored, immediately elevate the leg and revert back to the dangle protocol from the previous day.

This restriction remains in place until you are seen in the office for follow up. At that time your progress will be reassessed and you may be advanced further.

(Please note that Dr. Wendel may modify these instructions.)

You may participate in physical therapy after 2 weeks. Dr. Wendel or your orthopedic surgeon will determine weight-bearing status.

For Medical Questions, Please Call:

(615) 921-2100 Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM – 12:00 PM. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.