

HINDFOOT FUSION: 1ST POST-OP

- (1) You may shower tonight if you have a waterproof cast. Do NOT submerge the leg under water.
- (2) You will be strict non-weightbearing in the cast.
- (3) You should continue taking the blood clot prevention medication (aspirin or equivalent) as prescribed until you are at least 4 weeks post-op.
- (4) would like to see you back in **4 weeks** for a follow-up appointment. We will obtain new x-rays at that time. If there is appropriate evidence of healing, we will likely have you begin progressive weightbearing in a boot.