Dr. John S. Bleazard, DO

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Olathe Office

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Office (913)381-5225

If you have any questions or concerns, please call.

Gastrocnemius Recession

PRE-OPERATIVE INSTRUCTIONS

• Do not eat or drink after midnight the night before surgery. This includes chewing gum, candy and mints.

• No smoking or use of tobacco products.

• Stop all blood thinners 1 week prior to surgery, unless directed otherwise. This includes Coumadin, aspirin, and anti-inflammatories such as ibuprofen, Aleve, and Nuprin. You may use acetaminophen for pain.

• Stop all herbal supplements 1 week prior to surgery.

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• Plan to spend approximately 3-5 hours at the surgical facility.

• Arrange for someone to drive you home and stay with you through the night.

Set up your post-op appointment for 14 days after surgery with scheduling at 913-381-5225 if you have not already done so.

POST-OP INSTRUCTIONS

• Weight bearing as tolerated with pneumatic brace. Pneumatic walking brace needs to stay on at all times except to change clothes.

• You may do straight leg raises, ankle pumps, flex and extend the knee, and wiggle your toes to help with circulation.

• Take the pain medication prescribed to you on an as needed basis. Be aware that a common side effect of some pain medications is constipation. It is important to remain well hydrated and include fiber in your diet. You may use an over the counter stool softener or laxative if necessary.

• Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods in the first 24 hours after surgery.

If you have not already done so, call the office to schedule your first post-operative appointment for 14 days after surgery. Call 913-381-5225 and follow the prompts for scheduling.