

Swelling

Swelling is a normal part of the healing process. The swelling will gradually reduce, but can last for three to six months after surgery.

Treatments to reduce swelling include:

- Ambulate (walk) one time per waking hour
- Elevate your lower extremity (keep your toes above your nose) for at least 3 hours a day
- Avoid dependent positions (sitting with your leg below your heart) for prolonged periods of time
- Ice packs – in general ice may be applied to the affected area 3-4 times per day for about 20-30 minutes at a time. Please be sure there is a layer between the ice and the body part to decrease the risk of skin breakdown or ice burns.
- Pump your feet up and down 20 times each hour while awake and perform physical therapy exercises.
- Using your TED (compressive) hose as directed and using additional compression with an ACE wrap will help decrease swelling.