



Dangle Protocol

After a skin graft to the leg

After surgery, you will keep your leg elevated at or above waist level. **Your surgical team will tell you when it is OK to let your leg hang down for short times.** You will then begin to follow a schedule called your *dangle protocol*.

You will start this protocol after your first follow-up visit. This may be as early as the 6th day after your surgery, but it may be later than that, depending on your recovery time.

When your surgical team tells you to start your protocol, follow the schedule below. **Call the clinic and do not go to the next day if you have:**

- A big increase in swelling
- Color changes in your skin
- Pain after leaving your leg down

Keep your leg elevated at or above waist level at all other times. Do **not** put **any** weight on the affected leg until Day 14.

Day	What to Do	How Often
6	Dangle leg for 15 minutes	2 times a day
7	Dangle leg for 15 minutes	3 times a day
8	Dangle leg for 30 minutes	1 time a day
9	Dangle leg for 30 minutes	2 times a day
10	Dangle leg for 30 minutes	3 times a day
11	Dangle leg for 45 minutes	1 time a day
12	Dangle leg for 45 minutes	2 times a day
13	Dangle leg for 45 minutes	3 times a day
14	You may start putting some of your weight on your leg for short times.	No more than 4 hours total a day. Keep leg elevated at all other times.
21	You may start putting all of your weight on your leg for short times.	No more than 6 hours total a day. Keep leg elevated at all other times.
28	Return to normal activity.	No restrictions.

Questions?

Your questions are important. Please call us if you have any questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call the Center for Reconstructive Surgery at 206.598.1217 and press option 8.

After hours and on weekends and holidays, call 206.598.6190 and ask for the Plastic Surgery Resident on call to be paged.