

# Dangle Protocol

## After a free flap 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 (dangle).** You will begin to follow a schedule called the *dangle protocol*.

You will start this protocol either while you're still in the hospital or after returning home. This may be as early as the 6th day after your surgery.

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

- Increased 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 you have your first follow-up visit, 2 weeks after surgery.



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digital copy of  
this handout.*

Post Op Week	Amount of Dangle Time
Week 1	15 minutes every 2 hours
Week 2	30 minutes every 2 hours
Week 3	45 minutes every 2 hours
Week 4	1 hour every 2 hours
Week 5	1:15 every 2 hours
Week 6	1:30 every 2 hours
Week 7	1:45 every 2 hours
Week 8	2 hours every 2 hours

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

### **During Clinic Hours (Monday through Friday except holidays, 8am to 5pm):**

If you have any questions or concerns, message your surgeon through MyChart. Please include a photo if needed.

You may also call the Center for Reconstructive Surgery at 206.598.1217, option 2.

### **Urgent Needs After Clinic Hours:**

If you have an urgent care need after hours, on weekends, or on holidays, please call 206.598.6190 and ask to speak to the plastic surgeon on call.