

## Post Operative Instructions

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You have undergone a surgical procedure and certain precautions must be taken to assure proper healing and comfort during your convalescence.

1. Have any prescriptions filled immediately and take **ALL** medications **EXACTLY** as ordered.
2. Upon returning home lie down and elevate your foot. Keep your foot elevated as much as possible the first day.
3. Apply an ice bag at the ankle or just before the surgical area for 15 minutes. Then remove the ice bag for 45 minutes. If a postoperative cast has been applied, apply the ice bag to the leg above the cast. Repeat this procedure for the first 24 hours (but only when awake).
4. A certain amount of bleeding is to be expected, and your bandage may have some bloodstains. This is normal. However, if the bleeding is profuse, or if you experience a high (100+) oral temperature, or excessive discomfort, immediately follow steps 2 & 3 above, also call the office.
5. **DO NOT** remove the bandage at any time. If excess pain and/or swelling along with discoloration of toes are apparent, then loosen the outer wrapping and roll gauze carefully with scissors. We will need to know if the loosening of the wrapping gives you increased comfort. Call the office **immediately** for further instruction.
6. Keep surgical area dry and do not wet bandage. It may be necessary for you to sponge bathe for a few days.
7. If there is an emergency after our office hours, you may call our emergency phone numbers 725-5123 or 631-3366.
8. If you plan on convalescing at a residence other than your own, please let us know so that we may be able to contact you.
9. When outside in wet weather, wear a plastic bag over the bandage (**NOT** over the shoe). Remove the plastic bag when you go inside in order to allow the foot to breathe.

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10. You may notice areas of discoloration... black, blue or purple. This is normal after foot surgery.

11. When you resume taking showers, use a bandage/cast cover. **DO NOT** use a plastic bag. The cover may be purchased at a drugstore, surgical supply house, or our office.

12. Ambulation:

Crutches\_\_\_\_\_

Surgical Shoe\_\_\_\_\_

Weight bearing\_\_\_\_\_

Walker\_\_\_\_\_

13. Additional instructions: \_\_\_\_\_

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14. Post-op visit: \_\_\_\_\_