



POSTOPERATIVE INSTRUCTIONS

NAME: _____ DATE: _____

- 1) Limit your walking to necessities for the first 24 -48 hours. ALWAYS WEAR SURGICAL SHOE AND USE CANE, CRUTCHES OR WALKER IF PRESCRIBED.
- 2) When not walking, elevate your foot/feet. You may lie on a sofa and use a pillow for elevation above your heart level.
- 3) Place an ice pack on the top of your foot or ankle for 15 minutes out of each hour you are awake for the first 24 hours in order to reduce pain and swelling.
- 4) DO NOT GET CAST OR BANDAGES WET.
- 5) DO NOT REMOVE BANDAGES UNDER ANY CIRCUMSTANCE.
- 6) You have been given a prescription for pain medication to insure comfort and rest for the first 48 hours after surgery. Take it only as necessary and as prescribed. If additional medication is needed, please call the office,
- 7) Depending on your surgery, you may have been given a prescription for antibiotics. Please take them as prescribed on the instructions on the bottle.
- 8) If any of the medications cause you to have headaches, stomach upset, nausea, vomiting, or difficulty in breathing, STOP TAKING THE MEDICATION AND CALL THE OFFICE IMMEDIATELY.
- 9) If you notice any blood on the bandages, do not become alarmed. If bleeding has soaked the bandage or cast after 24 hours, call the office. It is normal see blood ooze through the bandages approximately 4-6 hours after surgery.
- 10) Drink lots of fluids (water, orange juice, etc.) and eat a normal amount of food. Unless, you are otherwise previously instructed by your family doctor to limit the amount of fluids you take on your diet.
- 11) DO NOT DRIVE ANY MOTOR POWERED VEHICLES FOR 48 HOURS AFTER SURGERY OR LONGER IF INSTRUCTED BY THE DOCTOR.
- 12) CALL THE OFFICE IN CASE OF ANY EMERGENCY SITUATIONS, AT THE NUMBER ABOVE. LEAVE A MESSAGE ON THE ANSWERING MACHINE, AND YOUR CALL WILL BE RETURNED PROMPTLY.

FIRST POSTOPERATIVE VISIT: _____ AT _____ am / pm