

Postoperative Instructions for Foot Surgery

Following these guidelines will reduce the risk of complications.

- 1) Keep the bandages clean, dry and intact. Do not get them wet. If they get wet, please notify us at once.
- 2) Keep your foot elevated above your heart whenever sitting or lying down.
- 3) Apply ice to the top of the foot/ankle for 20 minutes, three times per day for one week following the surgery. If you have a cast, apply the ice behind your knee.
- 4) Take the pain medications as instructed. Please take the prescribed pain medication when you arrive home from the surgery with a light meal. (example: tea and toast). Then take the pain medication as directed on the bottle.
- 5) Move your ankle up and down for one minute several times a day. This is to prevent leg cramping. If you are in cast please disregard this.
- 6) Weight-bearing Instructions: Keep all walking to a minimum. Keep surgical shoe on at all times when full weight bearing or walking. Do not walk anywhere without the surgical shoe on. Partial weight with assistance of crutches / walker. This means you may put some pressure on the heel, but not full weight on the foot. Use the crutches / walker with all walking. No weight at all to the foot/ankle of the surgery. Please use crutches / wheelchair to stay off the foot/ankle of the surgery.
- 7) Do not be alarmed if there is some bleeding through the outer bandage. Expect some minor seepage. If the whole bandage becomes bright red call us immediately.
- 8) Drink Plenty of fluids and follow a low-salt diet for a few days following surgery.
- 9) Resume your normal medication schedule unless modified by us or your medical doctor.
- 10) Please call if you have any questions. We can be reached at 877-747-3668 during office hours.