

POST OPERATIVE DISCHARGE INSTRUCTIONS

PROCEDURE: **Podiatry**

ACTIVITY:

- The first three days after surgery are the most important. During these three days, stay in bed with your foot elevated and only get out of bed to do necessary tasks.
- You must wear your CAM walker (surgical boot) every time you are standing or walking.
- DO NOT drive a vehicle while taking pain meds.

DIET:

- Drink plenty of fluids
- Your appetite after surgery may be less than normal, do not force yourself to eat. Eat only when you feel hungry.
- Follow your diet as tolerated. Avoid greasy or fatty foods for the first two weeks after your surgery.

DAILY INCISION CARE:

- Your incision may be covered with waterproof dressing (Tegaderm).
 - Dressings are to be left intact and dry.
 - **You may NOT take it off or get it wet.**
 - When showering, please purchase a shower bag from a drugstore or use a trash bag to keep your dressings dry.
 - Please leave steri-strips or staples in place. These will be removed at your follow-up visit.
 - Take pain medication as directed.
- If Dermabond (skin-glue) was used to cover your incisions, let it peel off when it is ready.
 - Do Not pick at it or attempt to remove prior to three days following your surgery.
 - It is OK to shower one day after surgery, if Dermabond was used.

COMMON PROBLEMS:

- You will have a bowel movement at home in the next few days. If you are unable to move your bowels, you can take any over the counter laxative or enema preparation.
- If you are taking narcotics for pain relief, you will need to take a stool softener.

CALL YOUR PHYSICIAN IF:

- You have chills or your temperature is greater than 101F
- You have new redness in the incision or increasing pain
- You have persistent bleeding, nausea, or vomiting

If you have any questions or concerns, please call contact your Physician's office at 661-467-1477