



INSTRUCTIONS AFTER SURGERY

For: _____

Next Visit: _____

1. Please fill your prescriptions right away and start taking them immediately as directed.
2. Elevate your foot above hip level by using a pillow under the foot while reclining on a bed or couch. This helps reduce swelling during the first 48 hours.
3. Apply an ice pack to the ankle just behind the bandage constantly for the first 48 hours following surgery. You do not need to keep the ice on during the night while you are sleeping.
4. It is very important not to get the bandage wet or remove it yourself. This will significantly increase the chances of you getting an infection. Do not attempt to take a shower or a bath using a plastic bag on your foot.
5. If you should notice some spotting on the bandage, do not become alarmed. This is normal, unless it is excessive or continues to bleed for more than 6 hours. Very often the surrounding skin may take on a bruised appearance (“black & blue”). There is no cause for alarm!
6. Elevation, rest and ice packs are very important for the first 48 hours.
7. Limit your walking to going to the bathroom for the first 48 hours.
8. Do not walk anywhere, even to the bathroom, without the post-operative shoes.
9. In case you have any questions, or any emergency should arise, please call the office immediately.