

\*\*\*\*\*DO NOT EAT OR DRINK ANYTHING 12 HOURS PRIOR TO SURGERY\*\*\*\*\*

### **POST OPERATIVE INSTRUCTIONS**

1. POST OPERATIVELY; YOU CAN IMMEDIATELY RELIEVE ANY FOOT DISCOMFORT AND AID RAPID RECOVERY WITH **BED REST AND ELEVATION OF THE FEET.**
2. TAKE YOUR PRESCRIBED MEDICATION AS INSTRUCTED.
3. DO NOT MIX ALCOHOL WITH MEDICATION.
4. WEAR POST OPERATIVE SHOES WHENEVER WALKING.
5. KEEP YOUR BANDAGES CLEAN AND DRY. **DO NOT REMOVE THE BANDAGES OR GET THEM WET.**
6. OCCASIONALLY, SLIGHT BLEEDING WILL SHOW THROUGH THE BANDAGE. THIS IS NORMAL. HOWEVER, SHOULD CONTINUED BLEEDING PERSIST, CALL OFFICE IMMEDIATELY.
7. USE ICE PACKS AS INSTRUCTED. WHEN USING ICE PACKS, DO NOT LEAVE THEM ON LONGER THAN 60 MINUTES.
8. USE ICE PACKS EVERY OTHER HOUR FOR 2 DAYS THEN 3 TIMES PER DAY MINIMUM.
9. DO NOT SIT WITH YOUR FEET DOWN OR STAND UP FOR ANY LENGTH OF TIME. THIS CAUSES FEET TO SWELL AND THROB.
10. DO NOT CROSS YOUR LEGS, THIS CUTS OFF CIRCULATION TO THE FOOT AND CAUSES SWELLING AND DELAYED HEALING.

**NOTE:** IF YOUR FEET DO SWELL, LIE DOWN AND PROP THEM UP ON PILLOWS, SO THAT YOUR FEET ARE HIGHER THAN YOUR HIPS. KEEP ONE PILLOW BEHIND YOUR KNEES.

### **WHEN TO CALL THE OFFICE IMMEDIATELY**

1. IF THE BANDAGES BECOME SATURATED WITH BLOOD.
2. IF THE MEDICATION MAKES YOU SICK OR DOESN'T STOP YOUR PAIN.
3. IF YOU DEVELOP A FEVER.
4. IF YOU SHOULD BUMP OR INJURE YOUR FEET.
5. IF YOUR BANDAGES BECOME WET.

