

POST OPERATIVE INSTRUCTION

1. Post operatively you can immediately relieve foot discomfort and aid rapid recovery with **Bed Rest** and **Elevation** of the foot.
2. Take your prescribed medication as instructed.
3. Do not mix alcohol with pain medication.
4. Wear post operative shoe whenever walking.
5. Keep the bandages clear 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 the office immediately.
7. Use ice packs as instructed.
8. When using ice packs, do not leave them on longer than 60 minutes.
9. Do not sit with your foot down or stand up for any length of time. This causes the foot to swell and throb.
10. Do not cross your legs, as this cuts off circulation to the foot and causes swelling and delayed healing. Note: If your feet do swell, lie down and elevate foot on pillows so that your foot is higher than the level of your hips. Keep one pillow behind your knee.

CALL THE OFFICE IMMEDIATELY

- IF THE BANDAGES BECOME SATURATED WITH BLOOD
- IF THE MEDICATION MAKES YOU SICK OR DOES NOT STOP YOUR PAIN
- IF YOU DEVELOP A FEVER
- IF YOU BUMP OR INJURE YOUR FOOT
- IF YOUR BANDAGE BECOMES WET

Patient/Escort _____ Nurse _____ Date _____

