

POST-SURGICAL INSTRUCTIONS

Recommendations for your personal comfort following surgery:

1. When returning home after surgery:
 - a. If so directed by the doctor, sit sideways in the back seat of the car with your feet elevated.
 - b. Have your prescription(s) filled immediately, preferably on your way home from the hospital/office.
2. Remain off your feet as much as possible for the first 3-4 days. Place a pillow beneath the calf of your leg so that the foot is elevated slightly.
3. Place an ice bag over the ankle for 20 minutes out of every hour while awake. You may continue to ice for several days. Do not use hot water bags or electric heating pads.
4. Keep surgical area clean and dry. Sponge bathe until after the first post-op visit, approximately 3-4 days after surgery. When the time comes to bathe, please use a plastic bag or any technique that will keep the surgical area dry. BE CAREFUL NOT TO SLIP WITH THE PLASTIC BAG ON FOOT!
5. If any bleeding is noted through the dressing larger than the size of a silver dollar, please call the office. However, don't become alarmed.
6. Throbbing can be helped by keeping the foot elevated. If throbbing persists, loosen the bandage slightly, but do not remove it.
7. Follow a light or regular diet, drink plenty of liquids but abstain from use of alcoholic beverages while taking medication.
8. Follow the directions on your prescription. Take the Motrin with meals the first two days whether or not you are in pain. If pain is not relieved, please take the stronger pain medicine as directed. DO NOT TAKE BOTH AT THE SAME TIME. If pain persists, please call the office.
9. If medications upsets your stomach or causes any other side effects, *stop taking prescription* and call the office.
10. If there is persistent throbbing, pulsating pain accompanied by redness and swelling, or any other problems not discussed on these instructions, *call the office.* If you need to call when the office is closed the service will be able to reach the doctor for you.