

JOHNNY ROSSI, DPM
MOKENA FOOT AND ANKLE

1. On your way home, keep foot elevated in back seat of car.
2. Keep dressing clean, dry and intact to right foot. Do not remove dressing and do not get wet. If becomes wet or dressing comes apart, contact Dr Rossi.
 - a. You may sponge bathe or take a bath with the surgical foot hanging out of bath tub. Be careful not to get dressing wet and not to slip!
3. Wear surgical shoe when walking. You may remove if resting on couch or in bed.
 - a. Limit walking over next 2 weeks. If you are on your surgical foot too much, the foot will swell and you will have increased pain.
4. Plenty of rest, ice and elevation to right foot.
 - a. Elevate toes to nose, or foot above heart.
 - b. Ice to top of foot, 20 minutes on the hour for first 2 days, then as needed.
5. Blood spotting on bandage is normal. If bleeding excessively, elevate foot for 1 hour and place ice pack on foot. If continues, contact Dr Rossi.
6. Pain medication has been prescribed for you. Take as instructed for pain control.
7. If you notice redness spreading up leg, uncontrolled pain, or foul smell from dressing, contact Dr Rossi.
8. Please follow-up for scheduled post-operative visits as this is important in assessing wound healing.

I have received and understand these instructions provided to me.

Patient signature

Witness

Mokena Foot and Ankle Office phone: 708-479-0794
Dr Rossi mobile phone: 312-520-2042