

JOHNNY ROSSI, DPM
POST SURGICAL INSTRUCTIONS

General Instructions: (only if you have had general anesthesia)

- **Do not** stay home alone, drive, or make important business or personal decisions for 24 hours.

Activity:

- When returning home after surgery:
 - Sit sideways in back seat of car with feet elevated.
 - Have your prescription(s) filled immediately, preferably on your way home from the hospital/surgical center.
- NON / PARTIAL / FULL Weightbearing to RIGHT / LEFT foot.
 - Wear SURGICAL SHOE ___ CAM WALKING BOOT ___ NOT APPLICABLE ___.
 - Do not remove, even while sleeping, until doctor advises otherwise.
- Use CRUTCHES / WALKER / WHEELCHAIR if and as instructed.
- Plenty of rest and elevation ('toes to nose' level).
- Ice 20 min on the hour either on the front of ankle or (if in a cast or mold) behind the knee, while awake. You may ice for several days. Do not soak or use hot water bags or heating pads.

Post-operative Care:

- Keep DRESSINGS / CAST / POSTERIOR MOLD clean, dry and intact – DO NOT REMOVE OR GET WET.
 - If you have a cast on, do not try to scratch by placing things inside it.
 - Contact office if dressings become wet, they will need to be changed to prevent infection.
 - You may sponge bathe until advised otherwise by the doctor. If you are allowed to bathe, please use plastic bag or technique that will keep the surgical area dry (i.e. placing leg outside of bathtub).
- Blood seepage noted through the dressing is normal. If it continues, elevate foot and ice as previously instructed for 1 hour.

Diet:

- Follow a light diet with plenty of fluids tonight. Advance diet as tolerated.
 - Do not consume alcohol while taking pain medication.
 - Do not smoke during the post-operative course as this WILL delay healing or cause non-healing.

Medication:

- Resume all your medications that you were taking before surgery unless instructed otherwise.
- Please take the pain medication prescribed to you – this is used to control post-operative swelling and discomfort:
 - _____
 - _____
 - _____
 - For pain medication – take consecutively as instructed for first 2 days, then take as needed.

Caution:

- Report to Dr. Rossi the following symptoms:
 - Unrelieved pain.
 - Foul smelling odor from incision or dressing.
 - Oral temperature of greater than 101 (low grade fever is normal after surgery).
 - Excessive bleeding or drainage from incision or on dressing.

Follow-up appointment:

- make an appointment to see Dr. Rossi in ___ Days/Weeks on ___/___/___.
- Contact the office or Dr. Rossi if you have any questions or concerns.

Special Instructions:

I have received and understand the above instructions.

Patient Signature

Date

Nurse Signature

Date

Responsible Party Signature

Relationship

Keystone Orthopedics
801 MacArthur Blvd Ste 304
Munter, IN 46321
219-836-4123

Keystone Orthopedics
3330 W 177th St 2nd Fl ste 2C
Hazel Crest, IL 60429
708-799-1144

Community Health Center of Beecher
715 S. Dixie Highway
Beecher, IL 60401
708-946-9331

Mokena Foot and Ankle
19841 Wolf Rd
Mokena, IL 60448
708-479-0790