

Post Operative Instructions

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1. You have had foot surgery. A limited amount of pain and swelling is to be expected. Tingling, itching, or numbing sensation around the surgical site is also normal. Appearance of blood spotting through the dressing is not unusual.
2. Go directly home after surgery. Eat something light before taking the pain medication.
3. Your foot(feet) will be numb for a few hours after surgery. Begin using the pain medication (usually Vicodin or Darvocet) before the numbness wears off. You may increase the frequency and/or dosage of the pain pills. You can, for example, take up to two pills every three hours if necessary. The pain pills may make you sleepy; please no driving. When taking pain medication do not drink alcohol. Take pills with meals.
4. Elevate the operated foot(or feet) at least eight inches above the level of your hip. Support the elevated foot(feet) and leg(legs) with pillows.
5. Place an ice pack over your ankle for 10-15 minutes out of each hour, for several hours if necessary. Do not leave this on for more than fifteen minutes at a time. Do not apply heat to the area.
6. Do not remove your bandages. Keep them dry. To shower, remove the cast or surgical shoe(s) and slide the shower bag over your foot. Replace the cast or shoe(s) after the shower. If the bandages get slightly damp, dry them with a hair dryer. If they get wet contact my office.
7. You must wear the surgical shoe(s) or cast whenever walking or standing. It is sometimes easier to just leave them on, even when sleeping. Limit walking and standing to your tolerance, but do not do either more than necessary. Elevate your foot (feet) as often as possible, even at work.
8. Bend the knee and rotate your foot and ankle for five minutes during each hour after surgery for 24-36 hours while awake.
9. Contact my office **immediately**:
 - a. if there is continued bleeding
 - b. if your medication does not control the pain
 - c. if you injure your foot(feet)
 - d. if you develop a fever, chills, nausea, rash, or loss of appetite
10. The first postoperative visit is usually 5-7 days after surgery. At this visit the bandages will be changed and x-rays will be taken. Further postop instructions will be given at this time.

Feel free to call my office at **312-337-2468** if you have any questions or concerns.

* Patient: Please sign that you have read and understand the above instructions

date

signature