

Post Operative Foot Surgical Instruction

1. Activity should be only as recommended by your surgeon as follows: _____
2. Keep the operative foot elevated on two pillows whenever possible.
3. Apply ice just above the operative site (usually to the ankle), 30 minutes out of every one hour for the first 48 hours after surgery.
4. Avoid prolonged periods of standing or sitting with legs hanging down.
5. Keep bandages CLEAN and DRY. Do not remove the bandage.
6. Never allow the bandage to get wet.
7. Do not bump or injure your foot.
8. Keep pets away from the foot.
9. Take all medications exactly as prescribed.
10. When you arrive home call the office for an appointment on _____. The first dressing change, foot check and post operative x-rays will occur at this appointment.
11. You have just had a surgical procedure. A limited amount of swelling is expected. In some cases, the skin may take on a bruised appearance. This should not be cause for alarm.
12. If you should notice any increase in temperature, pain, swelling, Redness or bleeding through your dressing you should contact your surgeon immediately.

YOUR cooperation determines the successful outcome of your surgery.

Additional instructions: