

A surgical procedure has just been performed. The amount of pain and swelling vary from patient to patient, therefore, please follow the following instructions:

1. Returning home from surgery: a) Sit sideways in back seat of the car with surgical foot elevated.
b) Have your prescription(s) filled immediately.
2. Remain quiet and off your feet for the first 24 hours. Place a pillow under the calf of your leg so the surgical foot is elevated.
3. Place an ice bag over the front and inside of your ankle or use the ice therapy unit as directed. This should only be necessary for the first 24 hours after surgery.
4. DO NOT use hot water bags or electric heating pads on your foot.
5. Keep operative area completely dry. If the bandage accidentally gets wet, dry immediately with an absorbent towel and call this office.
6. Your bandages may become somewhat bloody, should this occur do not become alarmed. However, if there is persistent bleeding, call the doctor at once.
7. Throbbing can be helped by keeping the foot elevated and putting ice on the ankle. If the throbbing persists and the pain medication does not help the throbbing, call this office.
8. Nausea and lightheadedness sometimes occurs due to medication. If this happens, please call this office.
9. Follow a light diet, plenty of liquids and abstain from the use of alcoholic beverages while taking medications.
10. Bend knee and rotate foot and ankle at least 5 minutes during each hour after surgery for 24-36 hours while you are awake.
11. Limit walking to no longer than 15 minutes out of every hour. Stay off your feet as much as possible. Wear your cut-out surgical shoe when walking if the shoe is dispensed to you. **DO NOT TAKE ANY STEPS WITHOUT THE SHOE.**
12. Should you bump or otherwise injure your foot or the surgical site in any way, notify this office immediately.
13. Check your temperature every 8 hours. If temperature goes over 100 degrees Fahrenheit, call the doctor.
14. Should you incur any other problems not discussed in these instructions, please phone us immediately at **217-223-3668**.