

POST-OPERATIVE FOOT SURGERY INSTRUCTIONS

1. Bed rest, elevation of your feet, and applying an ice pack immediately afterwards will make you more comfortable.

Fill prescription prior surgery

2. Take prescribed medications as directed.
3. Keep your bandages dry and clean; do not remove your bandages. *Wear post-operative shoes 24 hours a day as directed. Including in bed.*

4. To promote circulation and healing, do the following:

- Bend your knees and rotate your foot and ankle 5 minutes each hour.
- Lie down and elevate your feet higher than your heart. This allows any swelling to leave your feet and relieves the pressure. Place a pillow under your knees.
- Always support your knees when elevating.
- Limited walking can help prevent post-operative foot complications. Walking is better for you than sitting with

your legs down. It increases the blood supply to the feet. However, do not walk for long periods of time.

5. To avoid swelling of your feet:

- Do not sit with your feet down for any length of time.
- Do not cross your legs. Crossing your legs cuts off circulation to the feet and causes swelling.

- Do not stand in one place for any length of time.
- Do not sit with your feet down for any length of time.

6. If necessary, use a foot cradle (for example, made from a large cardboard box) to keep the pressure of the blanket away from your foot.

7. Occasionally slight bleeding will show through the bandage; this is normal. Call only if your bandage get saturated with blood.

8. *Call the office anytime, day or night if you experience any of the following:*

- Continuous bleeding, where bandages are soaked.

- If you bump or injure your feet.

- If your medication does not relieve the pain.

- If you develop a fever.
- In the event of an emergency and you can't get a hold of your Doctor go to the Emergency Room.

9. Maintain a regular well balanced diet and drink plenty of fluids.

10. You can relieve a great deal of foot discomfort and aid rapid recovery with bed rest, elevation of the feet and ice packs to your feet.

11. **Do not remove post-operative shoes or braces unless directed by your doctor.**

12. **Bathing:** We recommend a sponge bath. If not wrap your foot in a towel. Place your foot in a trash bag and put tape on the bag and on your skin to prevent your foot from getting wet. **Do not get your foot wet.**