

These after surgery the instructions listed below should be followed carefully. They have been designed to ensure proper healing and maximum comfort.

1. For the next 48 hours you should remain off your feet. Your legs should be elevated to the level of your hips.
2. Apply an ice pack covered with a towel, on your dressing for 30 minutes out of every hour for the next 48 hours. A gel pack or zip lock plastic bag with ice cubes works well.
3. Swelling and bruising is expected. Sometimes black and blue discoloration may show up in other parts of the foot than where the surgery was.
4. Keep your bandages clean and dry. Also do not remove your bandages for any reason unless told by the doctor. If the bandage becomes loose or wet contact the office immediately.
5. A small amount of blood on the bandage can be expected. If bleeding is persistent or excessive please call the office.
6. Always use the surgical shoe for walking (it may be removed when sitting in bed). Use crutches or walker as instructed. Do not walk more than is necessary, especially in the first week after surgery.
7. Before you get up to walk, dangle your feet for a few minutes. Take any medication as directed. If medication causes stomach upset, rash or other problems stop taking it and call the office.
8. Curtail the use of alcohol and tobacco. Smoking will slow the healing of your surgery!
9. You should get plenty of rest with your leg elevated. Drink plenty of fluids, and eat a well balanced diet.
10. If you have any problems or concerns you can call the office anytime if:
  - You get the bandage wet.
  - You fall or bump the surgical site.
  - You develop a fever.
  - The medication does not decrease the discomfort.