

Patient name \_\_\_\_\_

DOB: \_\_\_\_\_



77 West Elmwood Dr., Ste. 311  
Centerville, OH 45459  
937-433-0444

### **Post-Operative Instructions**

1. Go home and rest.
2. Elevate your operative foot at or slightly above hip level to minimize swelling and pain.
3. Apply an ice pack or towel-covered ice bag to the operative foot, at the top of the ankle or behind the knee, for 15 minutes every hour while awake. Do not sleep with ice on. Use this cold therapy as needed to control swelling and pain.
4. Swelling, bruising, pain, and a small amount of blood on the bandage are all normal after surgery.
5. Keep your bandage clean and dry. Do not remove or change the bandage unless specifically instructed by your surgeon.
6. To keep your bandage as dry as possible, apply a plastic bag over the foot with a towel around the ankle to prevent sweeps/leaks before creating a water-tight seal with tape OR hang the foot out of the bathtub to avoid water contact OR don't bathe.
7. Move your toes, ankle, and knee as permitted by your surgeon to allow increased blood flow, speed healing, and decrease the chance of blood clot.
8. Post-op pain medication may be given to you or called in to your pharmacy for you after surgery. Follow the instructions on the prescription. Take the medication only when you need it- when you have pain. Do not take it in anticipation of pain. If you don't have pain, you're not required to take any medication.
9. Do not take any other medications, including Aspirin, Tylenol, and non-steroidal anti-inflammatory drugs (NSAIDs) without your surgeon's permission.
10. You may/may not walk on your operative foot in a surgical shoe/fracture boot/cast/with crutches until further notice. Failure to comply may cause more pain, swelling, and complications with your foot that could require additional care, therapy, and surgery.
11. Get plenty of rest. Drink plenty of fluids. Eat a balance diet. Curtail alcoholic beverages and smoking.
12. If you have any questions or problems, we encourage you to call the office at any time during our business hours. After office hours, contact the surgeon's mobile phone at (937) 607-0968 or (937) 607-0979, or go to urgent care or the ER. Examples of problems are:  
bandage becomes wet, pain is not controlled by instructions/medications, injury to the operative foot, develop a fever over 100 degrees F.
13. PROPER CARE DURING THE POST-OPERATIVE PERIOD IS AN INTEGRAL PART OF YOUR SURGICAL TREATMENT PROGRAM. IT IS IMPERATIVE THAT THESE INSTRUCTIONS ARE FOLLOWED TO ENSURE PROPER HEALING AND OBTAIN THE BEST RESULTS.