



FOOT SURGERY

...after the procedure

Thank you for choosing us!



Medications

- ◆ A prescription for pain medications will be given to you upon dismissal. Please use the medications for pain as needed, and as prescribed.
- ◆ You may also take over-the-counter Ibuprofen, as directed, for pain in addition to your prescription **UNLESS** you are allergic, have stomach ulcers or kidney failure.

Swelling

- ◆ Keep your incision elevated above the level of your heart as much as possible following surgery.
- ◆ Apply cold packs to the incision at least four times daily for 20-30 minutes each time.

Activities

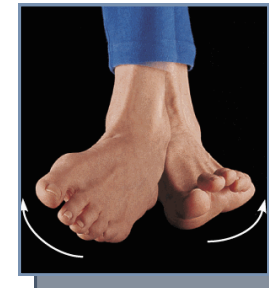
- ◆ Depending on the type of surgery and the bone or tissue involved, you may need to wear a surgical shoe or your foot may be placed in a cast. You will need to keep these on until you are cleared by your doctor to have them removed.
- ◆ Your doctor will inform you of any weight bearing restrictions after your surgery. Crutches may be provided upon dismissal depending on what your doctor decides best meets your needs.

Incision Care

- ◆ In most instances, you may remove your dressing to clean the incision 48 hours after surgery.
- ◆ Occasionally, depending on your surgery, your doctor may ask that you leave your dressing on until your follow-up visit. You will be notified after the procedure if your doctor wants you to leave your dressing on.
- ◆ Once you are allowed to remove your dressing, you may rinse off your incision in the shower—using clean soap and water.
- ◆ Clean the incision daily with rubbing alcohol until it is healed. Cover the incision with clean gauze dressing to protect it. **Do not use any creams or ointments on your incision.**
- ◆ **If** you have pins protruding through the skin from surgery, clean them daily with rubbing alcohol to prevent infections.
- ◆ Do not soak your incision in a bathtub or whirlpool.
- ◆ Do not remove the steri-strips or sutures. Your doctor may remove them at your follow-up visit.
- ◆ Despite the greatest care, any incision can become infected. Contact your physician immediately if:
 - ⇒ You run a fever
 - ⇒ Your incision becomes more painful rather than less painful as days go by
 - ⇒ Your incision becomes swollen, reddened, shows pus or red streaks

Exercise: **UNLESS OTHERWISE INSTRUCTED BY YOUR DOCTOR**

- ◆ Move your toes frequently throughout the day. This will prevent stiffness and help reduce swelling.
 - ◆ Gently move your ankle at least four times daily as well.



An appointment will be made for you prior to you leaving the hospital or you will be given instructions on how/when to schedule your follow-up appointment.