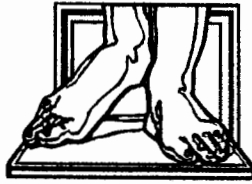


Lake Ridge Foot & Ankle Center

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Stafford Foot & Ankle Center

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BOARD CERTIFIED, AMERICAN BOARD OF PODIATRIC SURGERY
FELLOWS, AMERICAN COLLEGE FOOT AND ANKLE SURGEONS

INSTRUCTIONS AFTER SURGERY

- 1) Have prescriptions filled immediately. Take only as directed.
- 2) For the first 48 hours(2 days) following surgery, **REMAIN OFF YOUR FEET** as much as possible.
- 3) For the first 48 hours following surgery, elevate your feet above heart level and apply ice bag to the top of the foot (30 minutes on, 30 minutes off each hour) above the dressings. Wrap the ice bag in a towel so that the dressings do not get wet. 4) After 48 hours continue to elevate your foot as instructed above. Limit activity since over activity causes swelling and pain.
- 5) Take pain medications as needed and only as directed. **DO NOT** change the dosage of a medication without first checking with the doctor. **DO NOT** drink alcoholic beverages while taking pain medications.
- 6) **DO NOT** remove the dressings or allow them to get wet.
- 7) If a postoperative shoe is given to you, wear it **AT ALL TIMES** unless instructed otherwise.
- 8) Foot pain can be relieved by carefully following the above instructions concerning ice, elevation, and medications.
- 9) Call the office immediately if:
 - a) excessive pain develops which is not controlled by the above measures.
 - b) if excessive bleeding occurs, notify the office.
 - c) bandages feel too tight.
 - d) bandages get wet or fall off.
 - e) fever or chills occur.
 - f) you have any questions, problems or emergencies.
 - g) **NOTE:** The office number is the emergency number. You must tell the answering service to contact your doctor if you wish to speak to the doctor.
- 10) If your left foot only is in a surgical shoe, you may drive vehicles equipped with automatic drive. If your right foot is in a surgical shoe, driving is awkward and may be hazardous. If taking pain medication, **DO NOT DRIVE.**