

Post Operative Surgery Instructions

A surgical procedure has just been performed on your foot. The amount of discomfort will vary from one patient to another. The following instructions are for your benefit in order to help minimize swelling and pain and to insure good healing. Please follow them.

1. Go directly home and elevate feet on the way if possible. Do not sit with your feet down or crossed for any length of time. This causes the feet to swell and become painful. Strict elevation for 72 hours.
2. A limited amount of swelling is expected. In some cases, the skin may take on a bruised appearance. This is no cause for alarm.
3. Elevate your feet about 6 inches above hip level by supporting feet and legs with pillows.
4. Keep your bandages clean and dry. Do not remove the bandages or inspect the wound. A small amount of blood on the bandage is normal.
5. Cover the foot with a plastic bag and hang outside the tub while bathing. A standing sponge bath is acceptable. **GETTING THE BANDAGE WET COULD CAUSE AN INFECTION.**
6. Exercise your legs frequently by bending your knees and ankles to stimulate circulation and speed healing.
7. At night place a cradle made from a cardboard carton at the foot of the bed to protect your foot from the covers.
8. Take your medicine(s) as directed. If they cause stomach upset, headache, rash or other abnormal reactions, discontinue their use and call the doctor.
9. Crutches or walkers can be helpful at times to take the weight off when walking or standing.
10. Curtail alcoholic beverages and smoking.
11. You should get plenty of rest with the foot elevated, drink plenty of fluids, and eat your regular well-balanced diet.
12. If your bandages become tight and/or your toes become numb, tingling or turn blue, call your doctor.
13. **CALL YOUR DOCTOR IMMEDIATELY IF:**
 - ❖ The bandages become overly stained.
 - ❖ Your medication does not stop the discomfort.
 - ❖ You should bump or injure your feet.
 - ❖ You develop a fever.

Your next appointment with Dr. Hurless is _____.