

POST-OPERATIVE INSTRUCTIONS FOR HOME

SURGICAL PROCEDURE HAS JUST BEEN PERFORMED. THE AMOUNT OF DISCOMFORT AND SWELLING VARIES FROM PATIENT TO PATIENT, THEREFORE, PLEASE FOLLOW THESE INSTRUCTIONS.

A surgical operation has just been performed on your foot. A certain amount of discomfort and swelling should be expected. In some cases, the skin may take on a bruised appearance. This is no cause for alarm.

While returning home from surgery:

- a. sit sideways in the back seat of the car with the surgical foot elevated.
- b. have your prescription(s) filled immediately.

Remain quiet and off your feet for the first 24 hours. Place a pillow under the calf of your leg so the surgical foot is elevated. Seepage of blood is normal and should be ignored. However, if there is active and persistent bleeding (blood running out of the bandage while the foot is at rest) call this office at once.

Keep an ice pack on top of your ankle fifteen minutes out of every half hour for the first day, then only as needed. Do not use hot water bags or electric pads. Do not remove the bandage. Do not soak feet.

Make sure to keep your foot dressings dry and clean, and please do not try to remove them. Sponge bathe only.

Take your medications as prescribed. Try to take them with meals. There is less chance of upset stomach when this is done.

Wear wooden surgical shoes while standing or walking unless otherwise instructed. This will protect your foot.

Bend knee and rotate foot and ankle at least 5 minutes during each hour after surgery for 24-36 hours while awake.

CALL THE OFFICE AT ONCE IF:

- a. There is excessive pain not controlled by pain medication and ice.
- b. Excessive bleeding occurs (spotting of bandages is common).
- c. Bandages feel tight (pain and numbness).
- d. Fever and/or chills occur.
- e. Persistent swelling exists (despite elevation and ice).
- f. Bandages get wet, extremely soiled, become too loose, or fall off.
- g. Nausea, vomiting, or fainting occurs.
- h. Leg cramps or shortness of breath develops.
- i. Should you bump or otherwise injure your foot or the surgical site in any way, notify this office immediately.
- j. Anything unusual happens that concerns you.

DO NOT

- a. Change the dosage of medication without first checking with the office and do not take medications on an empty stomach.
- b. Drink alcoholic beverages while taking pain or sleep medication.
- c. Sit up with legs hanging down for a prolonged period of time for the first three days. It is better to walk or elevate feet.
- d. Sit with legs crossed.
- e. Allow bandages to get wet or remove or uncover dressings.

Should you develop any other problems not mentioned in these instructions please call the following phone number immediately until you reach the doctor or a member of his office staff: **Ferndale Office: 248-548-7363**

Highland Milford Office: 248-685-1300

SPECIFIC INSTRUCTIONS

*** If unable to reach the doctor go to the nearest emergency room and call the office at 248-548-7363 to have doctor paged.**

I hereby certify by my signature that the above instructions were fully explained to me, and I have a copy of these instructions. I will follow these instructions and should any problem arise, I will contact _____ The Doctor _____ immediately.

Signature _____ Date: _____