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## POST-OPERATIVE INSTRUCTIONS

1. Immediately after discharge, go directly home and limit your activities as instructed. **Keep small children and pets away from your operated foot.**
2. Some mild bruising and bleeding is normal following foot surgery. This should be no cause for alarm. If it appears to be **excessive or persistent, call your doctor.**
3. **Keep your foot and leg elevated** while you are sitting or lying down. This will help decrease the pain. Support the back of your knee with a pillow. Continue this until told otherwise by your doctor.
4. Limit your walking and standing. Keep it to a minimum until you are told otherwise by your doctor. Wear your surgical shoe at all times when walking, don't take a single step without it.
5. You should bear weight on your operated foot only if directed by your doctor. If you were told not to bear weight on your operated foot, use crutches, walker or knee walker as directed..
6. Begin taking your medications as directed. **DO NOT** drink alcoholic beverages or smoke while taking your sleep or pain medications. **DO NOT** drive a car or other vehicle or operate any machinery while under the influence of your medication.
7. **Apply ice** over your foot/ankle as directed 20 minutes out of each hour while awake to decrease pain and swelling. Do not use hot water bottles or electric blanket.
8. If you feel feverish take your temperature. If you have a persistent fever over **101<sup>0</sup>, contact our office.**
9. **Keep your bandages clean, dry and intact at all times. You DO NOT need to change your dressings.** It is best to take sponge baths. **DO NOT** attempt to bathe or shower with a plastic bag over your foot. It is dangerous and may result in an accident, causing you to slip and damage the surgery done on your foot.
10. **If you have pins extending from your toes,** you must keep them clean and dry at all times. Clean around the pin with peroxide two times daily, and apply antibiotic ointment such as bactroban, betadine, Neosporin or triple antibiotic ointment. Do not attempt to remove the pins.
11. If you have a Pain Pump if your foot, do not attempt to remove the catheter unless instructed to do so.

**If you have any problems or questions concerning your recovery, contact our office.**