

## ADVANCED FOOT CLINICS

Dr. Stephen S. Pirotta

Post-operative instructions for \_\_\_\_\_ Date \_\_\_\_\_

1. Keep bandages clean and dry!!
2. Get in bed or lie down on couch. Elevate foot and leg uniformly with 2 pillows. This is to keep the swelling down. Remain quiet and off your feet as much as possible during the first 48-72 hours.
3. Place ice in a bag or ice bag and apply to foot 15 minutes out of the hour during waking hours for 2 days. (Do not freeze foot.) This will help reduce post operative discomfort and also keep the swelling down.
4. Bend knee and rotate ankle for 5 minutes each hour while awake for 2 days.
5. Post-operative shoes may be worn in bed to protect feet, if desired.
6. Pain Medicine-Take only if needed and then only as directed. Take other medication also only as directed.
7. Driving-If left foot only has been operated on, you may drive vehicles equipped with automatic drive. If the right foot is in a surgical shoe, driving is awkward and may be dangerous. Use extreme caution if you must drive. **Do not drive if taking pain medication.**
8. Call the office at once if:
  - A. There is excessive pain not controlled by pain medication and ice.
  - B. Excessive bleeding occurs (spotting of blood 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 or fall off.
  - G. Anything unusual happens that concerns you.
9. **Do Not:**
  - A. Change the dosage medication without first checking with the office.
  - B. Drink alcoholic beverages while taking pain or sleeping medication.
  - C. Sit up with legs hanging down for more than 10-15 minutes for the first 3 days.
  - D. Sit with legs crossed.
  - E. Allow bandages to get wet or remove or uncover dressings.
10. Please call 466-9795 to reach the doctor on call.
11. Your follow up appointment is \_\_\_\_\_.