

MR #: _____

Name: _____

POSTOPERATIVE INSTRUCTIONS: FOOT SURGERY

IMPRINT AREA

These postoperative instructions are intended to help you successfully recover from your foot or ankle surgery. The instructions listed here are general guidelines for your recovery. Your surgeon may modify these instructions to specifically tailor them to you and your surgery.

Bandage and Cast Care:

- Your surgery requires that your foot be placed in a bandage cast.
- It is extremely important that you **do not** remove your bandage/cast and **do not** get your bandage/cast wet.
- You may elect to use a short leg shower protector to cover your bandage/cast while you bathe. Short leg shower protectors can be purchased in many pharmacies.

Activity:

- It is extremely important to keep your feet elevated close to heart level as much as possible to help reduce swelling and pain and speed the healing process.
- Avoid letting your feet down for periods longer than 10-20 minutes.
- Only essential activities of daily living (eating, personal hygiene) should be performed.
- Do not** put any weight on your foot until you are instructed to do so by your doctor.
- You need to use a cane crutches a wheelchair to help you keep weight off the foot and assist with your mobility.

Medications and Pain Relief:

- It is normal to have some pain following foot and ankle surgery. You will be given a prescription for oral pain medication to help relieve this postoperative pain. Avoid alcohol when taking pain medication.
- Resume your regular medications following surgery.
- You should apply ice packs over the bandage covering the surgical area for 30-60 minutes, three times per day. Make sure that the ice pack does not leak water onto the bandages.

Diet:

- If you received general anesthesia or intravenous sedation, it is best to initially try clear liquids. If clear liquids are well tolerated, then progress to your usual diet, as tolerated.
- Consuming adequate amounts of protein, Vitamin A and C, Zinc, and Calcium can assist in the healing process.

Other Instructions: _____**Follow-up:**

You have been scheduled for a follow-up appointment on _____ at _____.

At that time, you will have the bandage/cast removed and the sutures removed. You may be given additional instructions at that time.

Contacting the Doctor:

Call your doctor if you have any questions about your instructions or recovery, and especially if you are experiencing warning signs (see below). The Foot and Ankle Surgery Department number is 566-5920 and is open Monday through Friday, 8:30 a.m. to 5 p.m. At other times call the Emergency Department if you are experiencing warning signs: 571-4800.

Warning Signs:

- Severe foot pain that is not reduced with elevation, ice, and medication
- Bandage/cast accidentally getting wet
- Bandage/cast blood saturation
- Fever above 100° F or lymph node tenderness in the groin
- Severe calf pain, shortness of breath, or chest pain
- Adverse reactions to prescribed medications

These instructions have been explained to me. I understand them and have received a copy of them.

SIGNATURE OF PATIENT OR LEGAL REPRESENTATIVE

DATE