



KAISER PERMANENTE®
Medical Centers

**SANTA CLARA
INSTRUCTIONS AFTER SURGERY**

FOOT SURGERY

Bunionectomy Hammer Toe
 Neuromas Heel Spur Other

Diet

- Clear liquids (soup, hello, juices, popsicles, carbonated beverages or water). Advance to regular diet tomorrow.
- Start with clear liquids and advance to your regular diet as tolerated.

Medications

- Take medications as ordered by your doctor.
 - If antibiotics were ordered take all of the pills as directed on the bottle.
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Activity

- Elevate the operated foot above heart level.
- You may walk short distances.
- Avoid unnecessary ambulation for first 24 – 48 hours.
- Wear post-op shoe whenever walking.
 - Weight on operative foot.
 - No weight on operative foot (use crutches).

Dressing

- Do not remove bandage and keep bandage dry.
- If you have a cast, keep it dry and keep things out of the cast.

Bathing

- Keep your cast/dressing dry.
- Do not leave plastic bags or wrap covering on cast for a prolonged period.

Miscellaneous

- No alcohol or driving for 24 hours or while taking pain medicine.
- Do not make any personal or business decisions for 24 hours.
- You should have a responsible adult with you the rest of the day and night.
- Place ice pack on ankle for 48 hours (30 minutes on, 30 minutes off), while awake.

What to Expect

- Pain is most severe the first 1 – 3 days after surgery and after you first begin to walk when you first hang your foot down.

Possible Problems

- Call your doctor if:
 - You have persistent nausea
 - Unable to urinate 8 hours after surgery
 - Bright red blood appears on the bandage/cast
 - Your dressing/cast becomes tight or your foot is cold and numb or tingling or your toes are blue or swollen
 - Chest pain, shortness of breath or abnormal cough
 - Foul odor to the cast/dressing
 - Increase in pain not relieved by the pain medication
 - Temperature is greater than 100.5

Numbers to Call with Problems or Questions

Podiatry Department
Mon – Fri 9:00 a.m. to 5:00 p.m.
(408) 851-1950

Kaiser Medical Call Center (call after clinic hours)
Monday-Friday(5:00p.m.to9:00a.m./Weekends/Holidays)
(408) 851-1000

Emergency Department – Open 24 Hours (408) 851-5300

Follow-up Appointment

Place: _____

Date: _____

Time: _____

Return to Work: _____

Your Doctor's Name: _____