

Post-Operative Instructions Following Podiatric Surgery

These are general post-operative instructions. Your instructions may vary depending on your providers recommendations.

1. Follow-Up Appointments:

Dr. _____ on _____ at _____
(Your first post-op appointment is 10-14 days after your surgery. This appointment is normally made by the surgery schedulers prior to your surgery date).

Dr. _____ on _____ at _____

If your appointment has not been made, call the Podiatry Department to schedule:

- **Antioch Medical Center: (925) 813-3453 or (925) 813-3473**
- **Walnut Creek Medical Center: (925) 295-2471**

2. Activity:

- Unless your doctor has said otherwise, limit your physical activities. Keep your foot elevated above the level of your heart for the first few days. Stay off your feet as much as possible; no prolonged standing or walking.

3. Diet:

- You may not be hungry as usual and may even be nauseated. Do not force foods, but do take plenty of fluids. Resume regular diet as soon as possible.

4. Dressings:

- Keep your dressing clean and dry. Cast guards can be purchased at most local drug stores.
- Do not change your bandage unless specifically told to do so by your doctor. It is normal for your toes to turn black and blue for a few days after surgery. *If given a wooden shoe, be sure to wear it whenever you step on your foot.*
- Apply an ice pack (frozen peas work well, refreeze, but do not eat after second time) to the top of your foot for 20 minutes out of each hour; only for the first 24 hours. After 24 hours, apply as needed to control swelling and pain for 2-3 weeks.

5. Medications:

- Take pain medications only if you need them. Many people use little or none. If no medication is given, it is suggested that you use Tyleno, Datril, Panadol, etc. Avoid Aspirin-containing compounds for at least the first 48 hours.

6. Special Instructions:

7. Problems:

- If you have problems after your surgery and need to contact us, please call:
 - **Antioch Medical Center: (925) 813-3453 or (925) 813-3473**
 - **Walnut Creek Medical Center: Mon-Fri, 9am-5pm: (925) 295-4130 & Weekends or After Hours: (925) 295-4070**

CALL IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR:

- ❖ You have a temperature of 101 degrees or higher
- ❖ If your foot get red, warm, or swollen or if red streaks go up your leg
- ❖ If your dressing becomes loose, gets wet, or pins become exposed
- ❖ Excessive bleeding is noted on the dressing; a small amount is normal
- ❖ Pain is not controlled by your medication