

Atlanta Center for Reconstructive Foot & Ankle Surgery, LLC
Post-Operative Instructions for Foot Surgery

It is important that these instructions are followed to insure proper healing and to obtain the best results:

1. Keep your foot elevated above the level of your heart during transportation home and for the first 48 hours. Elevate the foot by supporting foot and legs with pillows. The knee should be slightly bent.
2. Apply an ice bag to the foot for 20 minutes every hour for the first few days. It is not necessary to apply ice when sleeping. Wrap ice pack with a towel. **Do not place ice pack directly on bare skin.**
3. **Keep walking to a minimum - bathroom and for meals only.** Always wear your surgical shoe when walking. It is not necessary to wear the shoe when sitting or sleeping.
4. **DO NOT REMOVE THE DRESSINGS.** This will be done at the first follow-up appointment. **NO SHOWERS!!!** Keep the dressing/cast **CLEAN and DRY.** **Sponge bathing is recommended.**
5. **Medications** – Eat prior to taking your medications. Make sure you take your medications as directed on the label. If you have any side effects, call your doctor immediately.
6. **Avoid the use of tobacco and DO NOT CONSUME ANY ALCOHOLIC BEVERAGES!**
7. Exercise your legs frequently by bending your knees to stimulate circulation and to prevent swelling of the legs.
8. If you have any of the following problems, call your doctor. He/she has arranged 24 hour coverage:
 - Your operative foot should change color significantly
 - The bandages become overly stained
 - If pain is intolerable with no relief from pain medication
 - You bump or injure the surgical site
 - You develop a fever greater than 100 F
 - You get the dressing wet

Be sure to call your doctors office for your follow-up appointment.

The above instructions have been read and reviewed with me and I fully understand them.

Always follow Physicians instructions if different from above.

Patient Signature / Responsible Adult

RN Signature / Medical Assistant

Date

Date