

## Post Operative Instructions

# Premier Foot & Ankle Surgeons Tucson and Nogales 520-326-6766

Upon discharge from the Hospital or Surgery Center go directly home.

You may feel drowsy for up to twelve hours. Have another person with you for the rest of the day.

Complete bed rest for the first 24 hours. Elevate your foot on a pillow.

Keep bandages clean and dry at all times. Do not change the dressings.

Do not sit with your feet down for any length of time as this may cause swelling and increase discomfort.

If instructed to stay off the foot for the first week, use crutches or walker to assist in moving around. If you ever feel unstable, do not fall down, place pressure on the foot to stabilize yourself and then call the office.

If instructed to stay off the foot for the first 24-48 hours only, you may place pressure on the heel with the foot flat on the ground after the initial period. Always use the post-operative shoe provided to you.

Eat your regular diet and drink plenty of fluid.

Take at least one multi-vitamin a day.

Take your medications as instructed and prescribed.

Call the office to schedule an appointment one week after surgery.

Call the office immediately at 520-326-6766 if:

- Bandages become saturated with blood
- Medication does not stop the pain
- You bump or injure your foot
- You develop fever or chills
- Your bandages become loose or wet

Having performed the operation we are interested in your prompt recovery and comfort. Please cooperate with us by following carefully these helpful instructions.

**FOR ANY QUESTIONS CALL: 520-326-6766**