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POST OPERATIVE INSTRUCTIONS

You have just undergone a surgical procedure to correct a problem with your foot. It is extremely important that you follow all instructions below to insure your recovery without complications

1. You must **limit your ambulation (walking)** during the first week postoperatively to the bathroom and dinner table. After your 1st post operative appointment, you will be informed on the extent of increasing your activities.
2. When you return home from your surgery, start to apply ice for 20 minutes on and 20 minutes off while you are awake for the first 3-5 days to the top of the foot and behind the knee. In addition, keep your foot elevated on 2 pillows to insure it is 6 inches above heart level.
3. Keep your dressing **dry and intact**. They should not be removed at all. A small amount of bleeding may appear on your dressing after surgery. If bleeding continues call the doctor
4. When it is necessary to walk, you must wear the surgical shoe or splint given to you. If crutches were given to you use them as directed.
5. Take the prescribed medication as directed. If you have any reaction, stop taking them and notify the doctor at once. Avoid alcohol while on medication
6. Notify the doctor **immediately** if:
 - a. the dressing gets wet or falls off
 - b. you develop fever or chills
 - c. there is red streaking up your leg
 - d. pain is not relieved by medication
 - e. you injure your foot
7. If you cannot reach the doctor at the office (**516-609-3338**) please call (**917-660-7989**) and leave a message the doctor will call you back as soon as possible
8. Do not hesitate to contact the doctor if there are any other concerns

