

POST-OPERATIVE INSTRUCTIONS FOLLOWING YOUR FOOT SURGERY

1. DO NOT remove the bandage
2. DO NOT allow the bandage to get wet.
3. Elevate your foot, or feet above the level of your heart using several pillows.
4. Apply an ice bag to the top of your foot, in the area where you had your surgery. Please make sure that the bag does not leak, which would potentially get the bandage wet. A wet bandage increases the chances of infections significantly. Use the ice as much as possible for the first 3-4 days. When the ice melts, refill the bag and re-apply the ice. If this is difficult for you to do, bags of frozen peas work quite well. When they thaw, just put them back in the freezer and allow them to refreeze.
5. For any walking that is necessary, you MUST wear the surgical shoe at all times.
6. Take the medication as prescribed if you are having any discomfort.
7. If you have any questions or feel that you are developing complications, do not hesitate to call the office. The Telephone Number is 202-362-2883. If it is after hours the answering service will contact the doctor on call.
8. If for some reason you feel that an emergency has developed, do not hesitate to go to the nearest emergency room, or the emergency room at The Washington Hospital Center, where the podiatry resident on call will be able to see you right away.

*Please bring referrals for office visits and x-rays from your Primary Care Physician
(IF APPLICABLE).*