

SURGERY HOME CARE INSTRUCTIONS

POST-OPERATIVE HOME CARE INSTRUCTIONS

1. Please follow the instructions to reduce post-operative problems. This will speed your recovery and return you to your daily activities as soon as possible. Each patient's care is as unique as his/her surgery.
2. Return home as soon as possible. Make yourself comfortable. Keep your FEET ELEVATED as much as possible. I suggest a pillow under your knees and feet for comfort. Loosen the bedding around your feet.
3. You will need to REWRAP your Ace wrap 2-3 times per day for comfort. Ace wraps tend to bunch up while resting and sleeping. They are put on snug in your surgery and need to be adjusted.
4. Always wear your POST-OPERATIVE SHOE(S). I recommend round the clock use in the first week. Even in bed. For walking/standing use your post-operative shoe, cane, crutches, walker or removable cast as directed.
5. Keep your bandages (dressings) DRY and CLEAN. DO NOT REMOVE them unless directed by my office. If they become wet or damp notify the office immediately. A watertight device may be recommended for showering.
6. To help reduce swelling and pain, apply an ice pack to your foot or ankle area. You may keep this on as long as needed. I suggest you keep it in place most of the time in the first week. Remember to keep your dressings dry. A wash cloth, pillowcase or towel may be used to absorb moisture. Some ice packs do sweat or leak, please be careful.
7. Take your medications as directed by your primary physician or my office. If you have questions please call the office. DO NOT combine medications without proper directions. I may need to change your medication rather than increase the dosage.
8. Check your temperature 2 times daily during the first 3 to 4 days. If it is over 100 degrees F., you have the chills without other symptoms notify the office.
9. Limit your standing and walking to no more than 10 minutes/hour until directed. This means get up, go to the bathroom, get a snack and back down. DO NOT sit with your feet dangling for too long, this will make them swell.
10. Call the office if you experience any unusual reactions such as persistent cramping, spasms, bleeding or pain that is not relieved with your medication.