

Congratulations

Now that your foot surgery is finished, you are in the post op recovery phase. But remember, that recovery is just as, if not more important than the surgery itself. Although the procedures are generally painless, the amount of discomfort will vary from one patient to another. The following instructions are for your benefit in order to help minimize swelling and pain, and ensure quality healing. Please follow them.

Things To-Do After Surgery

- ✓ Go directly home and if possible, elevate your feet on the way.
- ✓ Remain off your feet for at least 72 hours, getting up only as necessary and follow the instructions given to you by Dr. Sadrieh.
- ✓ Elevate your feet about above hip level by supporting your feet and legs with pillows.
- ✓ Alternate use of ice packs around foot (20 min. ON, 20 min. OFF) for a total of 4 hours after arriving home. Make sure the ice pack does not leak this can be done by wrapping it in a towel.
- ✓ **DO NOT GET YOUR DRESSINGS WET.** Either sponge bathe, or use the DryPro Shower Cover you purchased with your Post Op Kit. Keep your bandages clean and dry. Avoid areas of wetness i.e., pools, Jacuzzis, beaches, sunbathing, pets that shed and crowded areas.
- ✓ Take your medications as directed.
- ✓ You should get plenty of rest with the feet elevated, drink plenty of fluids, and eat a regular well balanced diet.
- ✓ In some cases, the skin may take on a bruised appearance. This is no cause for alarm.
- ✓ At all times while you are on your feet, wear your protective post-op shoe and use your crutches/walker (if your procedure requires) as directed.
- ✓ Exercise your legs frequently by bending your knees and ankles to stimulate circulation and speed healing.
- ✓ Take your pain medication before pain become intolerable.
- ✓ Visit our website and click on

Things NOT To-Do After Surgery

- ➔ Do not sit with your feet down or crossed for any length of time. This causes the feet to swell and become painful.
- ➔ Do not remove the bandages or inspect the wound. A small amount of blood on the bandage is normal.
- ➔ Do not allow the bandage to become wet or dirty.
- ➔ Do not apply heat to your foot.
- ➔ Do not take alcohol with your medication. Do not operate machinery such as your car while taking pain medications.
- ➔ **DO NOT SMOKE** or reduce smoking to allow for optimal healing conditions.

When to Call the Doctor

Call Dr. Sadrieh if any of the following situations occur. If you call the doctor and get voicemail, always leave a message. If your condition is getting worse and is an emergency; either Call 911 or go to the nearest ER.

- ➔ Bandages fall off, get wet or highly saturated with blood.
- ➔ Your medication does not control the discomfort or causes a sudden rash, difficulty breathing, nausea and vomiting and/or swelling of the lips/eyes.
- ➔ You develop FEVER or CHILLS.
- ➔ You bump or INJURE your foot.

Emergency Contact Card