

POST OPERATIVE INSTRUCTIONS FOR FOOT AND ANKLE SURGERY:

1. Keep feet dry at all times and **DO NOT** change the bandages. You may remove and reapply your elastic bandages to your comfort level.
2. Keep your feet elevated above the heart to decrease pain and swelling.
3. Wear your surgical shoe or boot at all times when up walking. It is a good idea to wear it to bed for the first 3 days.
4. Apply ice to the top of the ankle for 20 minutes out of every hour for the first 48 hours to decrease pain and swelling. If you have a splint you may ice behind the knee.
5. Minimize weight bearing as much as possible regardless of the type of surgery for the first three days.
6. **DO NOT** operate motor vehicles or power equipment for at least 24 hours following surgery, unless other wise instructed.

INSTRUCTIONS FOR USE OF MEDICATION:

1. Take your pain medication as directed. If any questions, CALL THE OFFICE.
2. Begin taking the pain medication with food as soon as possible. Be sure to take the medication before the pain begins so that there will be less discomfort.
3. Please take all medication as directed by the doctor. If you have not gotten any relief from the prescribed medication, call the office at once.
4. Since narcotics can cause constipation, you may seek relief with Milk of Magnesia or prune juice.

STOP THE MEDICATION IF:

1. You have difficulty breathing.
2. A body rash appears.
3. You experience persistent nausea or vomiting.
4. You have uncontrolled diarrhea. Be sure to notify us immediately if you experience any unusual difficulty with your medication.

CALL THE OFFICE IMMEDIATELY IF:

1. Your medications do not stop the discomfort;
2. You develop a fever.
3. Toes become discolored.
4. You should bump or bruise the surgery site.
5. You get the bandages and/or cast soiled or wet.
6. The bandages become loosened or displaced.

If you have any questions or problems, don't hesitate to call our office at 505.880.1000 (NE) or 505.872.3333 (NW). Someone is on call 24 hours a day as necessary for emergent problems.

PLEASE INITIAL X: _____