



SHENANDOAH PODIATRY

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Post-Operative Instructions

Proper care during the post-operative period is an integral part of your surgical treatment program. It is important that these instructions are followed to insure proper healing and to obtain the best results. Please read them carefully.

1. **ELEVATE** the foot which was operated on as much as possible for the first week following your surgery. When you go to sleep at night, prop the foot up on two pillows. Make sure the sheets at the end of the bed are not too tight. If the sheets are irritating the surgical site, a cardboard box may be used to create a tent to cradle the covers over the feet.
2. Apply an ice bad to your bandage for thirty minutes on then thirty minutes off. Continue to alternate like this for the first two days while awake. Be careful that the water from the melting ice does not leak onto your bandage.
3. Keep all bandages **CLEAN** and **DRY**. Unless instructed otherwise, do not remove the bandage to inspect the wound. A small amount of bleeding is to be expected and is normal.
4. Cover the bandages with a plastic bag and hang the leg outside the tub while bathing. No showers until instructed otherwise.
5. Exercise your legs frequently by bending your knees and ankles to stimulate circulation.
6. Have prescriptions filled and take medications as directed. If the medications cause stomach upset, headache, rash, or other abnormal reactions, discontinue their use and call the doctor.
7. Avoid alcoholic beverages and smoking.
8. Ambulation instructions:
 - Weight bearing with surgical shoe as tolerated
 - Partial weight bearing with crutches and surgical shoe, 4 point gait
 - None weight bearing with crutches, 3 gait

PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR:

1. Excessive pain or pins and needles sensations which do not get better with ice, elevation and post-op medications.
2. Excessive bleeding or foul smelling discharged noted on the bandage.
3. Temperature that exceeds 101 degrees Fahrenheit
4. If you bump or injure the surgical shoe
5. If the bandage becomes dirty or wet

