



## POST-OPERATIVE INSTRUCTIONS

### Bandage

- Leave the bandage clean, dry and intact.
- A small amount of bleeding is normal and should dry.
- If bleeding remains moist or gets worse, call the office.
- Discoloration, bruising, and swelling around the bandage are normal.
- Do not use ice on the surgical site unless instructed by the doctor.
- Excessive pain may mean a tight bandage: call the office for advice

### Elevation

- For the first 48 hours, elevate the foot above the level of the heart as much as possible.
- After that, keep the foot at the level of your hip as much as possible for the first week.

### Activity

- If you are told to be non-weightbearing after surgery, you must use crutches until the doctor advises otherwise.
- If the doctor says you can walk after surgery, always wear your post-op shoe or boot. For the first week, you are only to be on your feet for 5 minutes out of every hour (enough to go to the bathroom and the kitchen for food, then back to rest).
- Exercise your legs periodically by bending the knees and ankles.
- Don't let the foot get cold. If it does, use a heating pad or hot water bottle on your lower back to increase circulation to your feet.

### Medication and Diet

- Take medication for pain and inflammation as instructed.
- Eat before taking pain medication to prevent nausea.
- Eat a well-balanced diet after surgery.
- Take milk of magnesia at bedtime if you become constipated.

### Emergencies

- The best time to call is during our office hours from 7:30 AM to 5:00 PM Monday through Friday. This is when we can offer maximum service with a full staff.
- If an emergency (e.g. excessive pain or bleeding) occurs outside our office hours or during weekends, please call (503) 652-1121 and the answering service will contact the doctor day or night.

### Follow-up

- Your follow-up appointment should already be scheduled with our office. If not, please call the office immediately to schedule an appointment.

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Patient Signature

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Date