

Surgery Center of Pinehurst
Home Instructions for Dr Dunlap / Dr. Smith Patients

Proper care during the post-operative period is an integral part of your surgical treatment program. It is imperative that these instructions are followed to ensure proper healing and to obtain best results.

1. Go directly home and keep your feet/foot elevated on the way.
2. Elevate your foot above your heart by supporting the feet and legs with pillows for 48 hours after your procedure. Place your ice pack across your ankle.
3. **Use ice 20 min. on and 40min. off.**
4. Keep your bandages dry. Do not remove the bandage to “peek’ at your foot.
5. Limited swelling and bleeding is to be expected. The skin may take on a bruised appearance. This is normal. Call if your bandages become overly stained with blood.
6. Do not get your foot wet. When bathing cover the bandages with two plastic bags to insure no water gets to the wounds. If your foot does get wet, call the office. Also call if you bump or injure the operated foot.
7. Have your prescriptions filled and take the medication as directed. If the medication causes stomach upset, headache, rash or other abnormal reactions, discontinue taking them and call the office. Also call if the medication does not ease your pain. Curtail the use of alcohol and tobacco while the foot is healing.
8. If you have any problems or questions you can reach the doctor on call anytime by calling the office (910)295-9255.
9. Wear your post-op shoe whenever you are on your foot. Putting weight on the foot without the shoe may disrupt the corrective surgery and require another operation.
10. **Call the office for the following:**
 - you develop a fever
 - your bandage becomes stained with blood
 - your medications do not ease your discomfort
 - you bump or injure your foot
 - you get your foot wet