

## **Surgery Center of Pinehurst Home Instructions after Foot Surgery**

**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 insure proper healing and to obtain the best results.**

- Go directly home and keep your foot/feet elevated on the way.
- Elevate your feet six inches above your heart by supporting the feet and legs with pillows for 48 hours after your procedure.
- Keep your bandages clean and dry. Do not remove the bandages to “peek” at your foot.
- Limited swelling and bleeding is to be expected. The skin may take on a bruised appearance. This is normal.
- 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 gets wet, call the office.
- Have your prescriptions filled and take the medication as directed. If the medication causes upset stomach, headache, rash or other abnormal reactions, discontinue taking them and call the office. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Please do not drive a car or operate machinery as long as you are taking pain medication.
- Curtail the use of alcohol and tobacco while the foot is healing.
- Wear your post-op shoe/ splint/ cast/ Cam Boot at all times. Putting weight on the foot without the shoe may disrupt the corrective surgery and require another operation.
- Your physical restrictions will require you to be Limited Partial Weight Bearing/ Non-Weight Bearing on Right / Left foot with use of Crutches/ Walker/ rolling knee caddie for ambulation as tolerated without pain, for a minimum of \_\_\_\_ weeks.

### **Call the office for the following:**

- The bandages become overly stained with blood
- Your medications do not ease any discomfort
- You bump or injure the operative foot
- You develop a fever
- You get your foot wet
- Calf pain or shortness of breath

**If you have any problems or questions you can reach the doctor on call at anytime by calling the office (919)**

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