

CALL YOUR DOCTOR

IMMEDIATELY IF:

- Persistent bleeding occurs through the bandage
- Your bandages get wet or come off
- Redness or streaking appears on your foot, ankle, or leg
- You develop a fever (over 100 degrees F)
- Your pin backs out (DO NOT ATTEMPT TO PUSH IT BACK IN!)

**Fine Foot Care Center
2790 Clay Edwards
Drive Suite 570
North Kansas City, MO**

816-455-8900

www.finefootcarecenter.com

**Post Operative
Care
Instructions**



816-455-8900

We are very concerned with your prompt and complete recovery. In order to prevent possible complications and help you achieve the best surgical results, we urge you to follow these instructions carefully.

DRESSINGS

Keep your dressings clean and dry and do not remove them. If pins have been used in your surgery and they are visible, do not disturb them. Should a pin back out slightly, do NOT attempt to push it back in, instead, contact our office immediately. If a splint or a cast has been placed on your foot or leg, please follow the directions you were given for its use and do not attempt to remove it.

BLEEDING & SWELLING

Following your surgery, some bleeding may show through the bandage. This is no cause for alarm.



Should bleeding persist, however, please contact the office immediately.

In the few days after your surgery, a limited amount of swelling is to be expected. Parts of your foot may also appear bruised or "black and blue". These are both normal reactions to your surgery and will disappear in a short time.

Keep dressing clean and dry

ICE & ELEVATION

Ice and elevation are both used to limit the amount of swelling in your foot. Apply an ice pack to the front of your ankle. Leave the ice on for thirty (30) minutes, then off for thirty (30) minutes, continuously for 48 hours while awake. Keep your foot elevated above your heart at all times, whenever you are sitting or lying down.



Ice and Elevate

If medication has been prescribed for you, do not drive while taking it.

MEDICATIONS

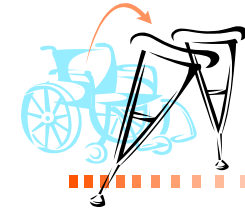
Please take all medications as directed. It is best to take your medications with meals. If you cannot tolerate a prescribed medication, please contact the doctor immediately. If pain

ACTIVITY

Since most postoperative pain is attributed to initial swelling, you will be much more comfortable by limiting your activities. For the first 48 hours, limit your walking to short trips. After that time, you may gradually increase the amount of walking you do each day. You will be advised if you need to keep all weight off of your foot, in which case specific instructions will be given.

POST OPERATIVE SHOES

Always wear your postoperative shoe(s) whenever you are walking or standing, even for short distances or time periods.



FEEL FREE TO CALL OUR OFFICE FOR ANY PROBLEMS OR CONCERNS. BEST WISHES FOR A SPEEDY RECOVERY!!

Michael N. Fine, DPM

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