

Foot & Ankle Health Center
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POST OPERATIVE INSTRUCTIONS & INFORMATION

You have had a surgical operation. A limited amount of swelling is to be expected. In some cases, the skin may take on a bruised appearance. This is not cause for alarm. **PLEASE READ AND FOLLOW THESE INSTRUCTIONS!!!!**

1. Keep your bandage (s) and/or cast clean and dry at all times. Do NOT remove them under any condition unless directed to do so by your doctor.
2. Keep the operated foot or feet elevated during transportation home. Upon arriving home, elevate your feet above the level of your heart and apply an ice bag just above the operated area.
3. Limit your activities until you see Dr. Groves.
4. If you have a surgical shoe (s), cast shoe (s), crutches, walker or wheel chair, use them as instructed.
5. Take all the medications exactly as prescribed. To prevent nausea try eating prior to taking your medications.
6. Exercise your legs periodically by bending the knees and ankle to stimulate your circulation.
7. Constipation may be caused by some of the medication you are taking or by the inactivity of bed rest. If constipated, take Milk of Magnesia at bedtime or call our office.
8. Take your temperature twice daily. A slight rise is to be expected. If your temperature rises above 100 degrees F (38 degrees C), please call Dr. Groves.
9. If your operated foot or feet should change color significantly, become swollen, or if pain medications fail to give you adequate relief, call Dr. Groves.
10. Call our office for an appointment as soon as possible. You will be seen in our office for follow-up care.
11. Having performed an operation, we are interested in your prompt recovery. Please cooperate with us by carefully following the above instructions. If you have any questions, please feel free to contact our office.
12. **OTHER INSTRUCTIONS**
