

Birmingham Podiatry P.C.

POSTOPERATIVE INSTRUCTIONS FOR HOME

- The First 24 Hours: A responsible adult must drive you home.
Do not stand or walk without assistance.
Do not drive or operate heavy machinery.
Do not drink alcohol or eat a heavy meal.
Do not make important personal or business decisions or sign important papers.
- Diet: Begin with liquids and light food (Jell-O, Soups, etc.)
Progress to your normal diet if you are not nauseated.
Fluids are encouraged.
High fiber diets are recommended because some pain medications can cause constipation.
- Activity: No walking other than to the bathroom or kitchen for the first 3 to 5 days.
No more than 10 minutes of standing or walking per hour for the first 3 to 5 days.
Exercise the legs periodically by bending knees and ankles to stimulate circulation.
Use pillows to elevate your foot above chest level for the first 3 to 5 days.
After the first 3 to 5 days continue to elevate your foot as much as possible.
After the first 3 to 5 days, light activity only.
- Wound Care: Keep your dressing dry. Sponge bathing is recommended
If your dressing becomes wet call your surgeon immediately. (The incidence of infection increases if the dressing becomes wet.)
Bleeding can occur after your surgical procedure. If you notice a small amount of blood on your dressing, do not be overly concerned. If your dressing becomes saturated call your surgeon for instructions.
Apply ice to your foot and ankle for 20 minutes out of every 2 hours for the first 3 to 5 days and then as it feels comfortable.
Your post-operative shoe should be worn during all walking activity with weight bearing as directed by your surgeon.
- Medications: A long-activity local anesthetic has been added to the surgical site which will eliminate pain for the first 8-12 hours post-operatively.
If a narcotic pain medication has been prescribed for you, begin taking this medication as prescribed as soon as the pain begins. This can be taken in conjunction with an anti-inflammatory without adverse reaction. If nausea or vomiting occurs with this medication, call your surgeon immediately.
Pain usually peaks within the first two to three days and then continues to improve.
You may resume your regular medications.
- When to Call Dr.: More than slight blood drainage.
Signs of infection: swelling, heat, redness, red streaks, pus, temperature over 101, any disruption of the surgical site.
Pain is not controlled by your prescribed medications.
Nausea

In case of emergency, call us at **(205) 324-8511**.

Return to our office for your postoperative check on _____

Signature: _____ Witness: _____