

AFTER SURGERY INSTRUCTIONS

1. Keep your bandages clean and dry: **DO NOT REMOVE AND DO NOT GET YOUR FOOT WET!!!**
2. Keep your feet elevated as much as possible; this will reduce your swelling and discomfort.
3. Apply an ice pack to the foot behind the bandage, 20 minutes on and 20 minutes off while awake. **DO NOT USE HEAT!!!**
4. Have your prescription filled **immediately**. At first sign of discomfort, eat something (even if it is just a piece of toast), take Phenergan, wait 15 minutes, take 1-2 Darvocet, and then take as needed. **DO NOT GRIN AND BEAR IT!!!**
5. If you have been given special shoes, wear them whenever you walk.
6. Slight seepage of blood is normal. If your skin takes on a bruised appearance, **this is no cause for alarm**. A small amount of swelling is also normal.
7. If any unusual situation arises, please feel free to call our office day or night.

24-HOUR EMERGENCY NUMBER: 512-205-7251 (pager)/512-259-3338

Date: _____

Signature: _____

Witness: _____