



**PARK AVENUE**  
**PODIATRIC CARE**

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**POST-OPERATIVE PATIENT INSTRUCTIONS**

Keep bandages clean, dry and on.

**Elevation:**

Elevate foot and leg uniformly above the level of the heart. This is accomplished most comfortably by using pillows or folded blankets under the calf of the leg. Elevate the limb with the knee slightly flexed. The purpose is to keep swelling to a minimum although some swelling is completely normal. This should be practiced as much as is possible until you are informed otherwise.

**Pain Medication:**

Expect most discomfort within first 24-48 hours following your surgery. Take your pain medication only as needed and only as instructed. Take your other medication as instructed.

**Please contact the office at once if:**

- your pain does not start to diminish after 48 hours even with the use of pain medication.
- excessive bleeding occurs (some bleeding is common).
- bandages appear too tight or persistent swelling exists (despite elevation).
- fever develops.
- bandages get wet or fall off.
- anything unusual happens to your foot that concerns you.

**DO NOT:**

- change the dosage of medication without checking with the office first.
- drink alcoholic beverages while taking pain or sleep medication.
- sit with legs dangling for more than 10 minutes. (Expect some throbbing when foot is dangling.)
- allow bandages to get wet or to be removed.

**ADDITIONAL INSTRUCTIONS:**

- Walk only with the use of surgical shoe and crutches.
- DO NOT bear weight on foot unless instructed to do so.