POST-OPERATIVE INSTRUCTIONS

NAME:_____ **Arrival Time**:_____

DATE OF SURGERY:_____ **Surgery Time**:_____

Post-operative care is of great importance. During this period of care, it is imperative that instructions from your doctor be followed for best results. This is **YOUR** responsibility.

1. Go directly home and **elevate your foot**, when resting, elevate your foot six inches above your hip, with your body in a reclining position. Support your knee with a pillow to avoid strain. **Every hour** dangle your foot for circulation.
   You can put ice behind the knee.
2. Take medications as directed. If medications cause stomach upset, headache, rash or other abnormal reactions, discontinue taking the medications and call the office.
3. On day three after surgery start taking one aspirin (325) mgs. daily/or Diclofenac Rx if we prescribed it to reduce the risk of post op calf vein clot formation. If you are already on an anti-inflammatory just resume taking as before.
   - **Take aspirin daily until you are out of fiberglass cast or cast boot (2months)**
   - Take multi vitamins and calcium, magnesium and vitamin D
   Should you develop calf pain – call our office / if we are unavailable go directly to Emergency Room.
   Risk of post-op vein clot
4. Keep dressings dry and clean. Do not remove bandages to inspect the operated area.
5. Curtail the use of any alcoholic beverages and smoking.
6. It is **ESSENTIAL** to make sure your foot **does not** get wet while bathing. You can purchase a shower guard / cast protector available at most pharmacies.
7. Make sure to check the toes often, we want them to have a pink healthy color and make sure they are **not cold or blue**. If you notice these symptoms please contact our office.
8. Should you have any undue discomfort, or other complications please notify the office as soon as possible.

**YOU CAN REACH DR. YOUNG OR DR. NELSON BY CALLING THE OFFICE
@ 391-8666
(24 HOUR EMERGENCY)**

SIGNATURE: _____ **Date**: _____