

POST OPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

On the ride home after surgery	Place the operated foot/feet on the dashboard if riding in the front or against the side window while lying flat across the back seats or in the back of a larger vehicle as long as your foot/feet are at or above your heart. DO NOT place them on the floor.
Prescription Recommendation	If you have a prescription(s), have it filled immediately; you have been provided with medication to insure comfort, rest, and an infection prophylaxis. <ul style="list-style-type: none"> ▪ take your antibiotics at the same time every day ▪ finish all your antibiotic prescription do not stop taking them because you “feel” better ▪ never take another person's antibiotics
Once you arrive home	After arriving home, lie down flat and elevate foot/feet 6 inches above hip level by placing one or two pillows under it.
Ice Packs for 72 hours	<ul style="list-style-type: none"> ▪ Apply ice packs to the top of ankles and/or near surgical sites on a half hour; then off for one hour. ▪ Never get your foot/feet wet! Check your ice bag(s) for leaks. ▪ Repeat this procedure for the first 72 hours; thereafter when foot/feet are swollen or as directed by the Doctor.
Elevate Foot for 72 hours	<p>It is ten times harder to eliminate swelling than to avoid it.</p> <ul style="list-style-type: none"> ▪ Elevate foot/feet as often as possible (minimum of 60 minutes above your heart three times a day for three days) until your first post-op visit where your bandage will be changed. <p>To avoid pain and potential injury at night...</p> <ul style="list-style-type: none"> ▪ ...keep foot/feet out from under blankets for the first three to ten days.
The morning after surgery	On the morning after surgery, take your temperature. If you have a temperature of 101 degrees or higher, call our office.
Bandages	<ul style="list-style-type: none"> ▪ If your ace bandages appears too tight, or become unraveled, call the office or remove just the outer ace wrap, but DO NOT REMOVE the white gauze bandage. ▪ Unless problems arise, do not touch your bandages or your foot/feet in any way, other than to put on your surgical shoes and apply ice packs. ▪ Keep bandages DRY. If they should become wet, call our office immediately. ▪ If you should notice any spotting of blood on the bandages, do not become alarmed, unless it is excessive (dripping from bandages). You can use a hair drier to dry water or blood on your bandages. Note: Blood is sterile like the interior of the bandages so do not worry about contamination.
Bathing/ Shower	Take a bath/shower by wrapping your foot/feet in a plastic bag and towel or purchase “shower sleeve” from medical supply store. Until the sutures are removed at 2 weeks after surgery, sponge baths are recommended.
Infection Prevention	<p>IF YOU ARE EXPERIENCING ANY SIGNS OR SYMPTOMS OF A POST-OPERATIVE INFECTION THEN CALL THE OFFICE IMMEDIATELY...before, during, or after clinic hours you can call (281) 444-8331 which is the # to our answering service; they will page Dr. Moore.</p> <p>Infection is a major concern in your post-operative period. These infections are quite rare due to the prophylactic antibiotics you are given during and after surgery. Infection usually arises within the first 72 hours after surgery and may present itself with one or more of these signs:</p> <ol style="list-style-type: none"> a) drainage b) elevated temperature c) pain d) redness e) swelling
Little to No Activities 2-3 weeks	We recommend little to no activities for optimal healing the first few weeks after surgery.
Surgical Shoe Recommendation	Never go anywhere without your surgical shoe(s), boot(s), crutches, cane or walker until your doctor specifies otherwise.
Dietary Recommendation	A proper diet and multi-vitamins are important. Eat well, 5 to 6 small meals (size of your fist) every day, make sure you have a 2:1 carbohydrate to protein ratio at your meals or total at the end of the day, and be sure to drink plenty of water. Eat primarily from meat, vegetable, fruit and nuts food groups.

I have reviewed and have received a copy of my post-operative instructions.

 Patient/Guardian Signature

 Date