



Triad Foot & Ankle Center

Post-Surgery Instructions

1. If you are recuperating from surgery anywhere other than home, please be sure to leave us a number where you can be reached.
2. Go directly home and rest.
3. Keep the operated foot (or feet) elevated six inches above the hip when sitting or lying down.
4. Support the elevated foot and leg with pillows under the calf. DO NOT PLACE PILLOWS UNDER THE KNEE.
5. DO NOT REMOVE or get your bandages wet. This will increase your chances of getting an infection.
6. Wear your surgical shoe/boot at all times.
7. A limited amount of pain and swelling may occur. The skin may take on a bruised appearance. This is no cause for alarm.
8. For slight pain and swelling, apply an ice pack directly over the bandage for 15 minutes every hour. Continue icing until seen in the office. DO NOT apply any form of heat to the area.
9. Have prescription(s) filled immediately and take as directed.
10. Drink lots of liquids, water, and juice. After surgery only eat bland foods to avoid nausea from the anesthesia.
11. CALL THE OFFICE IMMEDIATELY IF:
 - a. Bleeding continues
 - b. Pain increases and/or does not respond to medication
 - c. Bandage or cast appears too tight
 - d. Any liquids (water, coffee, etc.) have spilled on your bandages.
 - e. Tripping, falling, or stubbing the surgical foot
 - f. If your temperature rises above 101°
 - g. If you have ANY questions at all

12. Please use the crutches, knee scooter, or walker you have prescribed, rented, or purchased.
If you are non-weight bearing DO NOT put weight on the operated foot for _____ days.
If you are weight-bearing, follow your physician's instructions.

You are expected to be: weight-bearing non-weight bearing

13. Special Instructions: _____

14. Your next appointment is: _____ at our _____ location.

If you need to reach the nurse for any reason, please call 336-375-6990.