



# FOOTCARE, P.A.

PODIATRIC MEDICINE & SURGERY

Sandra L. Gold, D.P.M.  
Gary C. Mashigian, D.P.M.

Diplomates, American Board of Podiatric Surgery  
Fellows, American College of Foot Surgeons  
Diplomates, American Board of Quality  
Assurance and Utilization Review

## POST OPERATIVE INSTRUCTIONS

- **Keep bandages clean, dry and on.**
- **Elevate foot and leg with a pillow.** This is to keep the pain and swelling down. Elevate higher than heart level. Remain quiet and off your feet as much as possible during the first 24 hours.
- Place ice in a plastic bag or ice pack and apply to the ankle area (above the surgery site) 15 minutes out of the hour. Do not freeze the foot with continuous application of ice. This is to help keep the pain and swelling down.

**Pain Medication** - Take only if needed and only as directed. Take your other medication only as directed.

**Call the office at once if:**

- A. There is *excessive* pain not controlled by medication or ice.
- B. *Excessive* bleeding occurs (spotting of blood on the bandage is common).
- C. Bandages feel tight causing pain and numbness.
- D. Fever and/or chills occur.
- E. Bandages get wet or fall off.
- F. Persistent swelling exists (despite elevation or ice application).
- G. Anything unusual happens to your foot that concerns you.

**DO NOT:**

- A. Change the dosage of your medication without calling the office **FIRST**.
- B. Drink alcoholic beverages while taking pain medication.
- C. Sit with legs hanging down for more than 10-15 minutes.
- D. Sit with legs crossed.
- E. Allow bandages to get wet or remove or uncover bandages.

**Additional Instructions:**

- Restricted ambulation only with surgical shoes, crutches, off or on weight bearing.
- **Do Not Drive** because of insurance laws.
- Call the office if you do not have a Post-Operative Appointment scheduled.
- **In case of an emergency, call the office.**

**\*\*HOSPITAL SURGERIES\*\***

**DO NOT EAT OR DRINK ANYTHING WITHIN 12 HOURS BEFORE SCHEDULED SURGERY TIME!!!**