

POST-OPERATIVE INSTRUCTIONS

Proper care during the post-operative period is an integral part of your surgical treatment program. It is imperative that these instructions are followed to insure proper healing and to obtain the best results.

Initials _____

- _____ 1. Go directly home and keep your feet elevated on the way.
- _____ 2. Elevate your feet six inches above hip level by supporting your feet and legs with pillows.
- _____ 3. Bedding may be kept from irritating the surgical site by use of a cardboard box to create a "tent" to keep the covers up and off of your feet.
- _____ 4. Apply an ice bag to your foot or ankle. Cover your foot or ankle with a towel and apply the ice to the towel. The towel will minimize the effects of the cold. Keep the ice on or above the operative site for TWENTY MINUTES. Take the ice bag off for TEN MINUTES. Repeat this "on - off" procedure for the first 24 to 48 hours, as tolerated.
- _____ 5. Limited swelling is expected. Occasionally, the skin may take on a bruised appearance. This is no cause for alarm. If excessive swelling occurs, call the office immediately.
- _____ 6. Keep your bandages or cast clean and dry. DO NOT remove the bandages or inspect the wound. A small amount of blood on the bandage is normal.
- _____ 7. Exercise your legs frequently by bending your knees to stimulate circulation and speed healing.
- _____ 8. Have prescriptions filled prior to surgery and take medication as directed. If the medication causes stomach upset, headache, rash or other abnormal reactions, discontinue use and CALL THE DOCTOR.
- _____ 9. Do not use alcoholic beverages or smoke for _____ days
- _____ 10. You may walk _____
- _____ 11. Get plenty of rest with the foot elevated. Drink plenty of fluids and eat regular, well-balanced meals.
- _____ 12. If you have any problems or concerns, you can call the office anytime. If you have a problem after hours please call Drs. Weaver or Bassi on his their phones (316) 322-0711 (316) 650-6511.
- _____ 13. CALL THE OFFICE IMMEDIATELY IF:
 - * The bandages become wet or overly soiled
 - * Your medications do not stop the discomfort
 - * You bump or injure the surgical site
 - * You develop a fever above 100 degrees
 - * The medication makes you ill
 - * There appears to be excessive swelling
 - * There appears to be excessive bleeding
- _____ 14. Additional instructions _____

I have read and fully understand the above instructions. All my questions regarding these instructions have been answered to my satisfaction.

Signature of Patient or Responsible Party

Date

Witness

Date