

GENERAL POST OPERATIVE INSTRUCTION

The following are general guidelines only. Please consult the office for specific instructions concerning your aftercare.

- Keep dressings clean and dry. **DO NOT REMOVE OUR OWN BANDAGES!!** Your doctor will change them at your first Post-Operative appointment.
- Keep your foot elevated above the level of your heart with pillows under your calf for the first 2-5 days.
- Ice the ankle for 15 minutes, then remove. Repeat 3-4 times daily for the first 2-5 days.
- Remain non-weight bearing or use your forefoot offloading shoe if instructed and use crutches if instructed.
- You may take oral non-steroidal anti-inflammatory (NSAID) such as Motrin/Ibuprofen or Celebrex (if prescribed) starting 1 days after the surgery and continue until instructed by your doctor
- Take pain medication (if prescribed) with food immediately after surgery.

ANY QUESTIONS PLEASE CONTACT OUR OFFICE DURING BUSINESS HOURS. (OFFICE HOURS ARE MON & FRI 7AM-3PM, TUES & WED 9AM-6PM and THUR 9AM – 2PM) OR IN CASE OF AN AFTER HOUR EMERGENCY CALL YOUR DOCTOR AT THE NUMBER GIVEN IN YOUR POST-OPERATIVE INSTRUCTIONS AFTER LEAVING THE HOSPITAL.