



## POSTOPERATIVE HOMECARE INSTRUCTIONS

1. After surgery please go home and rest.
2. If you have not yet filled your prescription do that right away.
3. A limited amount of swelling is normal and is to be expected. Bruising may also occur and is normal.
4. Keep the bandage CLEAN AND DRY. DO NOT REMOVE OR CHANGE THE DRESSINGS unless your doctor has instructed you to do so. If the bandages become wet accidentally, call the office. If the dressing becomes loose or falls off, call the office. If you need to redress your foot, sterile gauze and an Ace wrap can be used.
5. Elevation helps control swelling and minimizes discomfort. Please keep your foot elevated as much as possible during the next two weeks.
6.  Wear your surgical shoe or boot that has been provided to you whenever you are walking or standing. You will continue to wear this boot on your foot until your doctor instructs you to stop wearing it.  
 Keep your surgical dressing and splint/cast clean and dry. DO NOT WALK on your cast or splint. Use crutches, knee scooter, and/or wheelchair for mobility.
7. In an effort to prevent nausea, eat something before taking the pain medication. If the medication is not effective or causes side effects, call the doctor's office. The most common side effects of pain medication are nausea and itching. The itching can be easily controlled by taking Benadryl. If you are getting nauseous, call the office immediately to see what other medications we can give you to counteract this.
8. If the pain medication causes constipation, MILK OF MAGNESIA at bedtime can be used. Follow the doses as recommended on the label.
9. **IN CASE OF EMERGENCY, CALL THE OFFICE AT 623-974-0522.**
10. We are interested in your prompt recovery. If you have any questions or concerns please call your doctor's office.
11. Your next appointment: \_\_\_\_\_

### In summary:

1. Be a couch potato.
2. Keep your foot dry and leave the bandages alone.
3. Call if you have any questions.

**I understand the instructions given to me.**

Patient/Parent Guardian: