

## Plateau Foot and Ankle Post Operative Instructions

Everyone reacts differently to foot surgery. The instructions given here are designed to make you as comfortable as possible, help speed healing, and protect your surgical correction. Mild swelling and discomfort are normal after surgery. You will assist yourself in healing faster with less discomfort by taking care of yourself and using good common sense about that care.

1. ***Elevate*** the affected foot above the level of your heart for the first two weeks after surgery as much as possible. Use one pillow under the knee to keep it slightly bent and thus prevent leg cramping.
2. Ice packs over the affected area may be used during the day 20 minutes on followed by 20 minutes off, three to four times a day for the first two weeks after surgery.
3. For the first three to five days limit your walking to necessities i.e. bathroom. Wear your post-op shoe(s) whenever you are up and use crutches or a walker as needed.
4. Exercise your legs periodically by bending the knees and ankles to stimulate circulation.
5. Keep the operative site clean and dry and do not remove the bandages or inspect the wound.  
**ABSOLUTELY NO SHOWERS!**
6. Occasionally, slight bleeding will show through the bandage. This is normal, however, should continuous bleeding persist, call the doctor.
7. Eat a regular well-balanced diet and **avoid use of alcohol and smoking.**
8. Take post-operative medication as directed. Even if you are experiencing no discomfort in the foot by bedtime, take one pain pill each night for the first three to four nights to sleep better.
9. Ambulation instructions: You may walk as necessary \_\_\_\_\_ weight-bearing left/right with \_\_\_\_\_ only as tolerated.
10. If you have any problems or concerns you can call the office any time. The doctor is on call 24 hours a day

***\*CALL THE OFFICE IMMEDIATELY IF:***

- The bandages become overly stained
- Your medications do not stop the pain
- Abnormal medication reaction
- If you should bump or injure the surgical site
- You develop a fever.
- You get your dressings wet

\*In case of emergency after office hours, the doctor can be reached at **(425) 922-9756**.

***I HAVE READ AND FULLY UNDERSTAND THE ABOVE INSTRUCTIONS.***

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date \_\_\_\_\_